COUPAR ANGUS ABBEY CHURCH

RECIPE BOOK

FOREWORD

To be asked to write this foreword is indeed an unexpected pleasure. My efforts in the kitchen do not go much further than toasted cheese. However as one who appreciates good cooking I know that the recipes in this book will go far to enrich the palates of those who eat the results of the many who will use it in the kitchen.

It has however been the work of many who have brought this book to the stage of publication and on the behalf of those who will enjoy the fruits of their labour may I thank all involved, not least my wife, Mrs A Gibson, Mrs M Ogilvie ,
Mrs U McLaren, the ladies who typed the stencils
Mrs Kirkpatrick who designed the front cover
Mr C Porteous and Culross the Printers
and indeed those who donated the recipes in the first place. The proceeds of which will go to Church Funds.

This Abbey Recipe Book will no doubt be used for a few generations by many of our young people as they set up home and for all, inexperienced and experienced alike will be the Cook Book of the kitchen for many years.

James Wright

Minister

CONTENTS

Conversion Tables and Handy Measures		
Soups, Starters and Salads	Pages	1 - 24
Main Dishes and Savouries		25 - 66
Desserts, Hot and Cold		67 - 101
Baking		102 - 163
Preserves and Chutneys		164 - 170
Miscellaneous		171 - 183
Alphabetical Index		184 - 190

GENERAL HINTS ON FREEZING FOOD

1. Prepare food according to type
2. Pack so that each package contains enough for one meal for the family. Fruit and vegetables should be put in small packs, usually ½ - 1 lb. in size; if larger amounts are needed, you can always use two packs. Large packs can lead to waste.
3. Pack according to type of food. Extract air from a polythene bag by sucking it out with a straw. With some foods, such as a firm chicken, it is possible just to press the air out by smoothing the bag close to the chicken towards the open end. If packing a rigid container, leave sufficient headspace to allow for expansion, about ½ in. to 1 pint.
4. Chill in the fridge, if possible, before freezing; or use iced water in the case of vegetables. The aim should be to get the food as cold as you can so that it does not warm the food already in the freezer, and freezing takes place quickly.
5. Seal packages and attach label giving contents, date and number of servings or weight.
6. Freeze quickly. See freezer manufacturer's instruction book.
7. Thawing before use depends on the food. Prepared dishes and meat may be thawed overnight in the fridge before being cooked or reheated. Vegetables are usually placed, still frozen, in boiling water. Fruit should be thawed slowly and either served as it is or used for pies and puddings.

USEFUL STANDBYS

Ice Cubes	-	Keep plenty in polythene bags.
Flavoured Ice Cubes	-	Stock: reduce by boiling to make a concentrated stock, season well and freeze in tray. Orange Juice: freeze cubes of concentrated orange and use for drinks and flavouring. Meat and herb cubes are also useful.
Whole Seville Oranges	-	Buy when in season, freeze in polythene bags and use later for making marmalade. The method that uses whole fruit is best for frozen oranges.
Croutons	-	Fry bread, drain, cool and pack in rigid containers. Take out as required.
Grated Cheese	-	Pack grated mature cheese in a rigid container.
Breadcrumbs	-	Freeze fresh white breadcrumbs after weighing, packing and labelling. Use for sauces and stuffings.
Eggs	-	Pack whites and yolks separately. Only freeze fresh eggs. Yolks should be mixed with salt or sugar before freezing. (Use 2 teasps. of appropriate stabiliser for savoury or sweet uses to 1 pint of egg yolks.
Chicken Carcasses for Stock	-	Pack in polythene bags and freeze and store in freezer until you have two or three carcasses. Then use to make giant pot of soup which can then be frozen.
Baby Food	-	Freeze small amounts of home cooked food in ice cube trays and use as required.

- continued -

USEFUL STANDBYS (cont)

Prepared Onions	-	Chop or slice. Freeze in $\frac{1}{4}$ lb. packs
Diced Vegetables	-	Pack in $\frac{1}{4}$ lb. packs ready to be added to soups and casseroles.
Apples	-	Windfall apples can be peeled, cored, sliced and frozen in 1 lb. packs. Use when cooking apples are expensive.
Milk	-	Store homogenised milk in freezer.
Strawberries	-	Dip fresh and dry strawberries in melted chocolate. When chocolate hardens freeze immediately. Thaw for 3 - 4 hours. Serve as an after dinner sweet.

OVEN TEMPERATURES

Description	Gas Mark	°F	°C
Very slow	low	200	100
	$\frac{1}{4}$	225	110
	$\frac{1}{2}$	250	120
Slow	1	275	140
	2	300	150
	3	325	160
Moderate	4	350	180
	5	375	190
Moderately hot	6	400	200
	7	425	220
Hot	8	450	230
Very Hot	9	475	240

CONVERSION TABLES AND HANDY MEASURES

Metric Conversion Table

Ounces	Grammes
1	28
2	57
3	85
4	113
5	142
6	170
7	198
8	227
9	255
10	284
11	312
12	340
13	369
14	397
15	425
16	454

Liquid Measures

¼ pint	-	150 ml.
½ pint	-	275 ml.
¾ pint	-	425 ml.
1 pint	-	575 ml.
1¾ pint	-	1 litre
1 level teasp.	-	5 ml.
1 level dessp.	-	10 ml.
1 level tblsp.	-	20 ml.

Remember since Imperial and Metric Measures are not identical it is important to use only one measuring system throughout a recipe.

HANDY MEASURES

1 level tea cup Flour	4 oz.
1 rounded tblsp. Flour	1 oz.
1 rounded dessp. Flour	½ oz.
1 rounded teasp. Flour	¼ oz.
1 level tea cup Sugar, Rice	6 oz.
1 level tblsp. Sugar, Rice	1 oz.
1 level dessp. Sugar, Rice	½ oz.
1 level teasp. Sugar, Rice	¼ oz.
1 tea cup grated Cheese	3 oz.
1 tea cup Breadcrumbs	2 oz.
1 tblsp. Treacle, Syrup, Jam	2 oz.
1 piece fat size of a small Egg	1 oz.
1 piece fat size of a Walnut	½ oz.
1 piece fat size of a Hazelnut	¼ oz.
1 breakfast cup liquid	½ pint
1 small tea cup liquid	¼ pint

GENERAL HINTS

Oil in which fish has been fried can be used for more delicately flavoured foods if you heat it gently with a bunch of parsley and a crust of bread. Then skim it carefully.

When separating eggs, crack egg onto a saucer and place egg cup over yolk. Allow white to slip into bowl.

Add some coffee to the melted chocolate for a tastier chocolate mousse. Use 1 dessp. of strong coffee to 8 oz. chocolate.

Add 1 flavoured yoghurt to ¼ pint of lightly whipped cream for a quick and easy flan filling. Chill before serving.

If a cake refuses to come out of a tin, cover the top with a clean tea towel folded in four and put tin on cold surface. After a few minutes the cake should leave the tin easily.

Crisp a wilted lettuce by opening it out and leaving it to soak in iced water for a few minutes.

A dessertspoon of flour added to water will keep cauliflowers or parsnips white.

Add a little oil to the water in which pasta is cooking in order to prevent it sticking together.

GLAZED GRAPEFRUIT

Prepare half a grapefruit in the usual way. Pre-heat the grill, sift the sugar thickly over the fruit through a rounded strainer. When the grill is really hot place the grapefruit on to the grill pan and put the pan under the heat so the surface sugar will caramelise. Serve the grapefruit immediately.

Frances Hogg.

KHURA CREAM

3 ozs. Long grain rice (cooked)
1 oz. Sultanas
2 ozs. Single Cream
Seasoning
1 teasp. Curry Powder
1 oz. Prawns
2 ozs. Double Cream
1 tblsp. mayonnaise
1 tblsp. tomato ketchup

Mix together rice, single cream, sultanas, curry powder and seasoning, divide into four individual serving dishes. Place a few prawns on top. Mix together cream, mayonnaise and tomato ketchup. Pour this sauce over the prawns and garnish each dish with a prawn and a slice of lemon.

Mrs Kathleen Pirie

BARBADOS FRUIT COCKTAIL

2 ozs. Grapes
Pulp of 1 grapefruit or of 2 oranges
1 gill Pineapple Syrup
Lemon Juice
2 ozs. Tinned Pineapple (diced)
Few Glace Cherries (cut in small pieces)

Bruise grapes, add fruit pulp, press through sieve or liquidise. Add lemon juice, syrup, and sweeten if necessary. Add diced pineapple and cherries. Chill and serve in glasses.

Jean Coogan.

SAVOURY STUFFED EGGS (Serves 4)

Hard boil 2 large eggs for 10 mins. Shell and halve. Remove yolk and mash with 1 tblsp. Mayonnaise, 1 tblsp. Cods Roe, dash of Worcester Sauce and seasoning. Pipe mixture into whites using star nozzle. Using a 4" cutter, cut rounds out of 4 slices bread. Press these into tartlet tins. Brush with melted butter and bake 10 mins. 375° Mark 5 till golden. Cool before placing ½ egg on each. Garnish with parsley and pimento. Serve on bed of lettuce.

Mrs. R.G. Scott.

GRAPEFRUIT AND TUNA PATE (BLENDER)

1 small Grapefruit
1 can (7oz) Tuna Fish
½ small Onion
1 large Egg
3 ozs. Fresh White Breadcrumbs
Salt and Pepper
Lettuce and Tomato to Garnish

Wash and dry Grapefruit, grate the peel off very finely. Put the roughly chopped onion in the blender with the juice from grapefruit. Add the tuna with its oil, the grated rind, the egg and sufficient salt and pepper to season well. Blend until the mixture is completely smooth. Put the breadcrumbs in a bowl add the tuna mixture and mix well. Grease a one pound loaf tin, pour in the pate mixture and smooth down. Bake at 350 F or Gas 4 until firm all over, about 40 minutes. Cool in tin. To serve turn pate out, cut in slices. Serve on lettuce and garnish with tomatoes.

Anne Gibson

CHICKEN LIVER PATE

250 g. chicken livers
150 g. Marg.
1 tblsp. Brandy
1 teasp salt
Pepper
1 Shallot

Wash chicken livers and remove tubes. Chop shallot and saute without colouring in 50 g. margarine. Add livers and continue cooking gently for 10 minutes. Blend or sieve mixture and add the remaining melted margarine, salt and pepper. Press into small pots and chill. Serve with toast.
Servings 3 - 4.

Mrs. Gladys Whyte.

FISH DORIA

4 ozs. Rice
4 large Fillets Sole
Seasoning
4 ozs. Prawns

1 oz Butter
1 tblsp. Milk
Small piece cucumber, paprika,
parsley to garnish

PRAWN CREAM SAUCE

1 oz Butter
1 oz. Flour
½ Pt. Milk

Seasoning
2 tblsp. Cream
Few chopped Prawns

Put rice on to cook in boiling salted water, drain when soft. Lay fillets flat, season lightly. Divide prawns between each fillet and fold into two or three. Place into dish with butter and milk. Bake until tender 375 F. for 20 mins. While fish and rice are cooking poach sliced cucumber in boiled salted water for 10 mins. Make a white sauce with butter, flour and milk, season, then add cream and prawns. Arrange the fish on top of rice and sprinkle paprika. Place on cucumber and parsley. Serve sauce separately.

Mrs. A.S. Malloch

ROSEMARIE SAUCE
(for Prawn Cocktail)

2 tblsp. tomato ketchup
3 tblsp. salad cream
3 drops lea-perrins
2 drops lemon juice

Mix all together and chill

Una McLaren

CARROT SOUP

250 g. Carrots
Rind of Bacon
1 small Onion
1 litre Water
Salt and Pepper
25 g. Flour
¼ litre Milk
1 tblsp. Parsley

Grate the carrot, chop the onion. Put in pan with water, bacon rind and simmer gently for ¾ - 1 hour. Remove bacon rind. Blend flour and milk, pour a little hot soup over, return to pan, stir till boiling, simmer for a few minutes and season. Add chopped parsley. N.B. Carrots can be roughly cut and soup sieved or liquidised.

Mrs. Gladys Whyte.

TOMATO AND TARRAGON SOUP

2 lbs. Ripe Tomatoes
2 tbsp. dried Tarragon or
4 tbsp. fresh Tarragon
1 tbsp. Castor Sugar
4 oz. Butter
8 oz. Onion
¼ pt. Dry Sherry
½ teasp. Salt
Freshly ground Black Pepper
2 Pts. Stock

Melt butter in pan and chop the tomatoes into even sized pieces. Finely chop the onions and saute slowly and carefully in the butter till golden. Add the sherry with the tomatoes, salt, pepper, herbs and sugar. Place a piece of damp, double-thickness, greaseproof paper over the ingredients, put a lid on the pan and cook gently for 40 minutes. Then add the stock. Liquidise, sieve and serve garnished with cream and some fresh tarragon sprigs. This soup is even nicer served chilled. Freezes well.

Mrs. P. Tolland

DANISH LIVER PATE

8 - 12 oz. Liver of Chicken
4 oz. Fat Bacon
1 oz. Butter
1 oz. Flour
¼ pt. Milk
Seasoning
1 Egg
1 teasp. grated Onion
1-2 teasp. Sherry (optional)
½ teasp. Salt and Pepper

Wash liver remove sinews, cut liver and mince 3 times, then mince fat bacon with liver. Make a thick sauce with butter, flour and milk, stirring well, season. Mix well with the liver and bacon sauce and add egg. Add grated onion and sherry, season. Place mixture in a greased dish, place this in a tin filled with water, cover with foil or greased paper and cook until firm. 375 F. 1 Hour.

Mrs. A.S. Malloch

KIPPER PATE

1 large Kipper (cooked) (skinned and boned) or packet of frozen kipper fillets
3 ozs. butter (softened)
½ clove garlic
Juice of ½ Lemon
1 tblsp. Mayonnaise
Yolk of hard boiled egg chopped fine
Chopped Parsley

Mix all dry ingredients, except egg yolk and parsley in blender until smooth. Turn into dish and leave to set. Garnish with egg and parsley.

Margaret Dunn

EGGS STUFFED WITH CHEESE AND HAM

4 lg. Eggs hard-boiled
4 oz. Ham chopped
1 oz. Grated Cheese
2 tblsp. Thick Cream
1 tblsp. Finely Chopped Parsley
½ teasp. French Mustard
Salt and Pepper
Few drops Lemon Juice
Lettuce leaves
4 fl. oz. Thick Mayonnaise
Paprika
Parsley Sprigs

Cut hard boiled eggs in half lengthwise and scoop out the yolks, taking care not to break the whites. Mince or puree the yolks, ham and cheese. Stir in the cream, parsley, French Mustard, salt, pepper and lemon juice and mix well. Cut a thin slice from the rounded side of each egg white half so that it will stand firmly. Fill each egg with yolk mixture. Arrange each stuffed egg on a bed of lettuce and mask with mayonnaise, sprinkle with paprika and decorate with tiny parsley sprigs.

Betty Robertson

PHILIPPINE GRAPEFRUIT

3 ozs. Long grained rice
Salt and Pepper
½ pt. Water
3 or 4 large grapefruit
Garnish - twist lemon and cucumber
2 teasp. made mustard
2 tblsp. mayonnaise
6 ozs. shelled prawns
about ¼ lettuce

Put rice into water and cook for 15 mins. Halve grapefruit and put segments into bowl, remove pith and seeds, keep grapefruit cases. Blend hot rice, grapefruit segments, mustard, mayonnaise and prawns. Cool. Shred lettuce finely, put into grapefruit cases. Top with rice mixture and lemon and cucumber twists.

Mrs A S Malloch

MADRAS HAM ROLLS

Sauce - 1 rounded teasp. curry powder
½ oz. Marg
1½ oz. plain flour
Salt and Pepper
2 level tblsp. mayonnaise

Filling - 2 sticks celery
1 oz. salted peanuts
8 ozs. cottage cheese
4 slices cold cooked ham
1 lettuce
4 gherkins
chopped parsley and tomato slices.

Fry curry powder in fat in a small saucepan for 5 mins. Add flour and cook for 2 mins. Add milk, bring to boil stirring and simmer for 2 mins. Remove from heat and stir in seasonings and mayonnaise. Cover and leave to cool. Dice celery and place in basin. Mix cheese into celery. Add salted peanuts. Place ham slices flat on board and place a quarter of the filling on each slice, roll up carefully. Arrange on a serving dish on bed of lettuce and pour sauce over. Cut through each gherkins from the end to within ¼ inch of stalk end about 4 times. Spread out to make a fan shape. Place a gherkin fan on each roll and sprinkle with parsley. Decorate with tomato slices. Serve with Melba toast and chutney.

Mrs Mavis Ogilvie

FRUITY COLESLAW

½ Small Hard white cabbage
1 small onion
2 oz. Sultanas
1 large cooking apple
1 oz. Walnut halves
4 Tblsp. Salad Cream
Salt & Pepper

Trim any discoloured leaves off the cabbage and shred the remainder finely. Peel and finely chop the onion. Wash the apple remove any bruised pieces and chop into fine dice removing core. Mix the cabbage, onion, apple and sultanasain a bowl. Roughly chop the walnut halves and mix into the salad. Stir in the salad. Stir in the salad cream and season with salt and pepper. (Serves 6)

Irene West

COCK-A-LEEKIE SOUP

1 Bewling Fowl or pieces
A large Marrow Bone
3 Chopped rashers bacon
Salt & Pepper
Water to cover
12 Leeks
¼lb. Cooked prunes
A mixed bunch of Parsley, thyme & a bay leaf.

Put the bone, chicken, herbs, bacon and all the leeks (chopped) except 2 into a large saucepan, with water to cover well. Simmer 2-3 hours with lid on until the bird is cooked. Top up with more water if necessary but do not weaken too much. Season to taste then strain, picking out the chicken and cutting into pieces also spooning out the marrow bones. Add these to the soup, together with the stoned prunes and remaining chopped leeks, simmer very gently for not more than 15 mins.

Mrs Anne Whytock

CAULIFLOWER AND MUSHROOM SOUP

8 ozs. or 2 cups chopped mushrooms
1 onion chopped
2 ozs. Butter
1 Tblsp. Flour
2 Pints chicken stock
8 ozs. Raw cauliflower
½ Pint Milk
Salt & Pepper
Mint Sprigs to Garnish

Fry mushrooms and onion gently in butter until soft but not coloured, add flour and mix thoroughly. Gradually add stock and bring to boil, stirring well. Cut cauliflower into florets and add to pan with plently of seasoning. Cover and simmer for 25-30 mins. Sieve or blend and return to pan with sufficient milk to give desired consistency, adjust seasoning, bring back to boil for 2 mins and serve garnished with mint sprigs.

Margaret Dunn

CARROT AND ORANGE SOUP

12 oz. Sliced Carrots
1½ oz. Butter
1½ Pints Stock (beef stock cubes)
¼ pt. Creamy Milk
1 onion finely chopped
1 Small Clove of Garlic(crushed)
Grated Rind and Juice of One Orange
Salt, Pepper and Pinch of Sugar
1 Tblsp. Cooked Rice(optional)
1 Tblsp. Chopped Mint (optipnal)

Cook carrots and onion in 1 oz. Butter to soften, add stock and simmer for 40 mins Put through sieve or blender, add seasonings, garlic, sugar and milk, reheat, whisk in rest of butter, add rind and orange juice and rice or mint.

Margaret Dunn

CREAMED CELERY SOUP

2 ozs. Butter
1 chopped onion
1 lb. Potatoes peeled and chopped
1 head of Celery chopped
2 Chicken stock cubes
¾ Pint Water
1 level teasp. salt
½ pint milk
Pepper to taste
Whipped cream (6 teasp.)

Melt butter and fry vegetables gently for 10 mins. Add water, stock cubes, salt and pepper. Cover and simmer 40 mins. Rub through a sieve or put into blender. To serve now simply add milk and reheat, adjust seasoning. Serve each portion with cream. This soup is not highly flavoured with the celery but has a delicate light different taste, and is not too filling as some soups can be.

Mrs Jeanette Stewart

CREAM OF CARROT SOUP

3 pts. Chicken stock
1 Onion
3 medium sized Potatoes
1 lb. Carrots
½ pt. Milk)
1 oz. flour) Make into white sauce
1 oz. marg)

Prepare and chop onion, carrots and potatoes. Add to stock, bring to boil and simmer for 1½-2 hours, stirring occasionally. Make white sauce and add to soup before serving

Mrs Mary McLaren

LEEK AND POTATO SOUP

4 large Leeks
2 medium Potatoes
1 medium Onion
2 ozs. Butter
Salt and Pepper
2 Chicken stock cubes
1¾ pts. boiling water
¼ pt. milk or 5 oz. carton single cream

Cut leeks into pieces. Wash well. Slice potatoes thinly. Slice onion. Melt butter in large pan, add leeks and onion, fry gently until soft. Add salt and pepper and potatoes. Dissolve cubes in boiling water andadd to pan. Bring to boil, cover and simmer for 40 mins. Blend the soup and stir in milk or cream. Serve hot.

Mrs Christine Kidd

COUNTRY BROTH

1 oz. butter
4 ozs. onions, peeled and diced
½ oz. long-grain rice
2 pints chicken stock
6 ozs. white cabbage
6 ozs. cooked chicken, diced
2 level tblsp. chopped parsley

Melt butter in large pan and over a low heat, fry the diced onion and rice until the onion is tender but not coloured and the rice is opaque. Pour in the stock and bring the liqued to the boil. Reduce the heat, cover and simmer for 10 mins. Meanwhile, shred the cabbage finely, and when the soup is ready stir in the cabbage and the chicken. Cover the pan and cook the soup for a further 10 mins. or until the rice is tender and the cabbage cooked. Season the soup and stir in the parsley before serving.

Frances Hogg

WALDORF SALAD

1 Head of Celery
1 Sweet Apple
4 oz. Cooked Chicken
½ Banana (little lemon juice)
Salt & Pepper
6 Walnuts
¼ Pint Mayonnaise
3 Tblsp. Single Cream
Lettuce Leaves
Toast

Blanch and slice the celery, slice the apple cut strips of chicken and banana. Chop the walnuts (reserve some for the garnish) and mix all these ingredients together. Season with salt and pepper and lemon juice, mix in mayonnaise and cream. Leave to chill. Arrange mixture on a bed of lettuce leaves and garnish with remaining walnuts. Serve with toast.

Una McLaren.

SWEDISH SALAD

3½ lbs. Chicken (cooked)
6 oz. Long Grain Rice
1 Green Eating Apple
1 Red Eating Apple
2 Bananas
Lemon Juice
¼ Pint Double Cream
½ Pint Lemon Mayonnaise
1 Level Teasp. Curry Powder
Salt and Pepper

Cut chicken into bits, blend mayonnaise and cream, cut and core apples into pieces, cut bananas into slices. Put lemon juice over fruit. Add chicken and fruit to mayonnaise mixture, season with salt and pepper and curry powder. Garnish with parsley or watercress. Serve with long grained rice.

Mrs. A.S. Malloch.

MACARONI SALAD

1 Cup Shortcut Macaroni
7 oz. Tin Tuna Fish
Hellman's Mayonnaise
Chopped Celery
2 Hard Boiled Eggs
Paprika Pepper

Cook till tender the macaroni, then drain well. Flake the tuna fish and add to macaroni. Mix with fair amount of mayonnaise. Add chopped celery. Top with sliced or chopped up hard boiled eggs, and decorate with a shake of paprika Pepper. Serve with green salad. A few chopped small onions or chives mixed in give a flavour.

Mrs. Anne Whytock.

CALIFORNIA ORANGE SALAD

4 Large Oranges
Small Tin of Tuna or Salmon
Washed Lettuce or Endive
1 x 8 oz. Can California Fruit Cocktail (well drained)
2 Tblsp. Cinzano Bianco
4 Unpeeled Slices of Cucumber

Prepare oranges by stadning in bowl, cover with boiling water. Leave about 5 mins. Wipe dry cut in half. Carefully remove inside flesh. Chop flesh coarsely and mix with fruit cocktail. Stir in finely chopped tuna or salmon. Leave on one side. Decorate edges of orange shells by serrating with sharp kitchen scissors. Fill with fruit and fish mixture. Sprinkle with Cinzano Bianco. Top each one with cucumber slice, shaped into twist. Stand on 4 serving plates lined with curly endive or lettuce. Serve very cold. Serves 4.

Mrs. Noeleen Lindsay.

QUICK FARMHOUSE SOUP

2 oz. Butter
2 oz. Flour
1 Pint Milk
1 Pint Water
2 Small Carrots (Grated)
2 Small Leeks (Sliced)
Piece Turnip (Chopped)
Salt and Pepper

Make a sauce by blending flour and milk. Add butter, stir till boiling and season. Add vegetables and water and simmer for 15 minutes.

Dot Brown.

OATMEAL SOUP

2 Level Tblsp. medium oatmeal
½ Pint Milk
¼ Pint Cream
1 Tblsp. chopped parsley for garnish
Salt and Pepper
1 Pint Chicken Stock
1 Large Onion
1 Tblsp. Butter or Marg.

Melt the fat in a saucepan, chop the peeled onion finely and cook until soft but not brown, then add the oatmeal and seasonings and cook for a few minutes. Add the stock slowly stirring all the time. Bring to the boil and simmer covered for ½ hour. Then either put through a sieve or liquidise for 1 minute. Return to pan, re-heat with the milk and serve with cream and chopped parsley. Serves 4-6.

Mrs. Anne Whytock

MINESTRONE SOUP

2 Pints stock
1 Large Onion
6 ozs. Frozen Mixed Vegetables
Seasoning to taste
1 19oz. Can Tomato Juice
1 tblsp. Alphabet Pasta
1 stick Celery

Chop onion and celery, add to stock and tomato juice, add pasta and frozen vegetables and seasoning. Simmer until vegetables are tender. Serve with grated Parmesan cheese.

Mrs. Daisy Gilzean

CARROT CONSOMME (FOR SLIMMERS)

½ lb. Lean Beef
1 lb. Carrots
1 Onion
2 Sticks Celery
1 Pt. Stock
Salt
Half carrots cut in matchsticks
Juice of ½ Lemon

Chop beef finely. Slice onion, carrots and celery. Put all together with stock and seasoning in pan. Bring to boil, simmer for 1½ hours. Strain and add carrot sticks and lemon juice and simmer till carrots are cooked.

Mrs. Jessie Haddow.

SARDINE-STUFFED LEMONS

4 x lg. Lemons
7 oz. Tin Sardines (or Tuna Fish)
6 oz. Cream Cheese
½ teasp. Dijon Mustard
1 teasp. Very Finely Chopped Onion
¼ Teasp. Salt
½ Teasp. Paprika
Black Pepper
Pinch of Cayenne Pepper
1 Egg White
4 Sprigs Fresh Thyme, Bay leaves or Chopped Parsley to garnish

Cut tops off lemons and reserve, scoop out pulp and reserve pulp and juice. Trim bottoms of the lemons so they stand upright. Mash the sardines to a smooth paste with the cheese, sour cream and mustard, and season with the finely chopped onion, salt, paprika, black pepper and cayenne pepper, to taste. Strain juice and pulp of 1 lemon into mixture and fold in stiffly beaten egg white. Stuff the lemons, piling the mousse up slightly in each lemon and top with lemon caps. Chill and garnish with thyme, bay leaf or parsley before serving.

B.E. Robertson.

SALMON MOUSSE (Serves4)

4 Tblsp Gelatine dissolved in 3 Tblsp. Hot Water
1 8 oz. Tin Salmon
1 Tblsp. Vinegar or Lemon Juice
¼ Pint Mayonnaise
¼ Pint Whipping or Double Cream
Salt & Pepper
Few Drops of Red Food Colouring if deeper Colour preffered.

Flake salmon and mix with mayonaise, seasoning well. Whip cream, and fold it in,add food colouring if desired. Add gelating and vinegar or lemon juice. Pour into a wetted mould and leave to set. Turn out and serve with green salad.

Mrs. Dickson.

TUNA MOUSSE (Serves 4)

7 oz. Tin Tuna Fish
½ Cucumber
2 oz. Margarine
2 oz. Plain Flour
¾ Pint Milk
A slice of Stuffed Olive

Melt the margarine in a pan them remove it from the heat and stir in the flour. Gradually mix in the milk and when the sauce is smooth, return the pan to the heat and, stirring all the time, bring the sauce to the boil to thicken. Leave the pan on one side to cool slightly.
Using a potato peeler, remove the skin from three-quarters of the cucumber and cut it into small dice then stir this into the sauce with the tuna fish and its oil. Check the mixture for seasoning before turning it into s serving dish, then smooth over the surface and leave it in a cool place until required. Slice the remaining cucumber thinly and arrange sliced overlapping in the shape of a fish in the centre of the mousse. Cut a fringe of cucumber skin for a fin then finally put the stuffed olive in position for the eye.

Frances Hogg.

PRAWN AND CORN BAKE

½ Pint Cheese Sauce
4 oz. Prawns
10 oz. Cooked Corn
1 Stick Celery
Salt & Pepper

Cheese Sauce
1 oz. Marg
1 oz. Flour
½ Pint Milk
4 oz. Grated Cheese
Pepper, Salt & Mustard

Make cheese sauce, add Prawns (reserving a few for garnish) Corn and finely chopped celery. Season to taste and turn into a greased casseerole. Cook for 25 minutes in moderate oven. Serve in scallop shells and garnish with remaining prawns.

Betty Robertson.

GOLDEN SOUP

1 oz. Butter)
1 samll onion, chopped) melt and add onion, cook for 2 to 3 minutes over low heat
6 ozs carrots
1 lb ripe tomatoes (or frozen)
1 tsp. sugar
1 tsp. salt
Pepper
1 tsp. celery salt
¾ pint water
chopped parsley (for garnish)

Add all ingredients to cooked onion, bring to boil, simmer for 15 minutes. Liquidise and sieve (coarse screen). Pour back into saucepan to reheat before serving, add parsley.

Jean Coogan

FRENCH ONION SOUP

4 Large Onions
3 ozs. Marg.
2 Pints Stock
Salt and Pepper
Cubes of White Bread
Grated Cheese (preferably Parmesan)

Slice the onions thinly, put into a pan with the marg. and cook them very gently until they are yellow. Add the stock, cover and simmer for about 30 mins. until the onions are quite tender; season to taste. Put the cubes of bread into a tureen or in individual soup dishes, sprinkle cheese and pour the soup over.

Mrs. J. Brown.

CREAM OF SPINACH SOUP

1 small packet frozen chopped spinach
¾ pint chicken stock
4 dessp. single cream
1 level tblsp. plain flour
¼ pint milk

Put the spinach into a pan with the stock and bring it slowly to the boil. Blend the flour with a little milk, and when the mixture is smooth, add the rest of the milk. Stir this into the soup and bring to the boil, stirring all the time. Season the soup with salt and pepper, if required. Stir a dessp. of single cream into each helping.

Frances Hogg.

CREAM OF MUSHROOM SOUP

1 lb. fresh mushrooms (slice¼ lb; chop rest)
4½ ozs butter
2 Onions
1½ oz flour
2½ pts chicken stock
2 egg yolks
¼ pt cream
Seasoning

Melt 1 oz. butter, add sliced mushrooms. Cook for 2 minutes, drain and leave aside. Melt another 1 oz. butter and fry chopped mushrooms and onions. Leave in frying pan. In a large pan melt 2½ oz. butter add 1½ oz. flour, cook, then add stock and bring to boil. Add chopped mushrooms and onions and simmer for 15 minutes. Liquidise, then back to pan. Blend egg yolks and cream, add to soup using a whisk. Bring to boil, boil for 30 seconds. Remove from heat, season, add sliced mushrooms. Serve with a swirl of cream.

Mrs. Mary McLaren.

PEACHY CHEESE SALAD

1 Small Lettuce
2 Large Carrots
1 oz. Sultanas
1 Tblsp. Chopped Chives
8 oz. Carton Cottage Cheese
Salt & Pepper
4 Peach Halves
2 oz. Walnuts

Wash the lettuce and shake it dry. Arrange the leaves on four plates. Peel and grate the carrots and arrange a quarter on each plate in a large ring. Stir the sultanas and chives into the cottage cheese with salt and pepper and pile a quarter on each plate in the centre of the carrot ring. Top with a peach half, cut side upwards. Chop the walnuts roughly and sprinkle them over the peach halves. (Serves 4).

Irene West.

RUSSIAN SALAD

8 oz. Carrots
1 lb. New Potatoes
8 oz. Peas
8 oz. Runner Beans
Salt & Pepper
4 Tblsp. Salad Cream

Scrape the carrots and potatoes. Shell the peas and top and tail the beans. Dice the carrots and potatoes and slice the beans until all the vegetables are about the same size. Put in a pan, just cover with water, add a pinch of salt and bring to the boil, then simmer for about 10 mins. until tender but not breaking up. Drain well and rinse with cold water. Stir in the salad cream and season with salt and pepper. (Serves 4).

Irene West.

CHILLED CHEESE AND POTATO SALAD

½ lb. New Potatoes (Cooked and sliced)
Few Chopped Spring Onions or Chives
4 Tblsp. Salad Cream
4 oz. Diced Cheese
Lettuce

Dice the potatoes while hot. Add onions or chives and toss the mixture in salad cream. Cool. Mix the diced cheese and chill. Serve piled on lettuce, either as a main meal salad or to accompany cold meats. (2-4 Servings).

Irene West.

CHEESE AND PINEAPPLE SALAD

12½ oz. Can Pineapple Cubes
8 oz. Cheddar Cheese
2 Tblsp. Chopped Chives
Salt & Pepper
Lettuce
Cucumber Slices

Drain syrup from pineapple, cut cheese into cubes and mix well with pineapple, chives and seasoning. Pile onto a bed of crisp lettuce and decorate with cucumber slices. (Serves 4).

Irene West.

CHEESE COLESLAW

1 lb. White Cabbage
8 oz. Diced Cheddar Cheese
1 Med. Sized Onion (Grated)
5 Tblsp. Mayonnaise
Chopped Parsley

Shred cabbage finely, mix in diced cheese and onion. Add mayonnaise and mix well. Place in serving dish and sprinkle with parsley. Chill well before serving. (Serves 4).

Irene West.

CREAMED SCAMPI

2 oz. Butter
8 oz. Scampi
Seasoning
1 oz. Flour
½ pt. Single Cream or Evaporated Milk or Top of Milk
Lemon Juice

Melt butter in frying pan, toss scampi in seasoned flour and fry for 4-5 mins. Add more butter if necessary and keep shaking the pan. Do not overcook scampi. Pour in the cream to make smooth sauce. Cook, stirring all the time. Season with salt, pepper and lemon juice. Garnish with chopped parsley and chives.

Mrs. A.S. Malloch.

COD MAYONNAISE

1 lb. cold baked codling, or left-over cooked cod or other white fish
2 lg. Tomatoes
Cucumber
6 tblsps. finely chopped onion
4 " " " fennel or dill
2 tblsps. finely chopped parsley
2 " lemon juice
15 fl. oz. mayonnaise
Lettuce Leaves
Salt and Black Pepper

Cut each tomato into 8 wedges and cut each wedge into 2 pieces. Cut cucumber into 8 likesize wedges. Cut fish into chunks and combine in bowl with onion and herbs (reserving 1 tblsp. herbs), add lemon juice and season generously with salt. Reserve 2 tblsps. mayonnaise and add the rest to the fish. Mix gently. Arrange 4 lettuce leaves on each individual serving plate and top with a mound of fish mixture. Stud each serving with wedges of tomato and cucumber and top with a piped swirl of mayonnaise. Sprinkle with remaining fresh herbs.

Betty Robertson.

HOT GRAPEFRUIT STARTER

½ Grapefruit per person
1 oz. Butter
2 ozs. Demerara Sugar
Few drops of rum or rum essence

Mix butter, sugar and essence, spread on halved grapefruit and grill under a hot grill till bubbling. A refreshing starter for a winter meal.

Mrs. M. Butchart.

TOMATO CREAMS

2 Rounded teasps. Gelatine
1 Can Cream of Tomato Soup (10 oz. size)
3 tblsps. hot water
½ gill Double Cream

Dissolve gelatine in water. Stir in the soup and fold in the cream, previously whipped until just stiff. Turn into small rinsed moulds and leave to set in refrigerator. When ready, turn out on to lettuce leaves and put a small sprig of parsley on each.

Una McLaren.

MINT LILIES

Cut each grapefruit in half serrating the edges as you do so. For each half allow one peppermint cream, crush this and sprinkle it over the grapefruit with a little caster sugar. Leave the grapefruit in a cold place for at least an hour for the flavours to blend. Serve each grapefruit decorated with a tiny sprig of mint.

Frances Hogg.

CHICKEN MARENGO

2 oz. Butter
4 joints Roasting Chicken
1 tblsp. Olive or Corn Oil
1 large Onion peeled and coarsely grated
1 clove Garlic peeled & finely chopped
¼ pt. Dry White Wine
¼ pt. Chicken Stock (or stock cube and water)
12 oz. Tomatoes blanched, skinned & chopped
8 oz. Mushrooms peeled, washed & sliced
1 level teasp. Salt
1 level teasp. Sugar
1 level tblsp. finely chopped Parsley

Put butter and oil into pan. Stand over medium heat. When both are hot and start to sizzle, reduce heat to low. Add chicken joints. Fry gently until pale gold. Remove to plate. Add onions to remaining butter and oil in pan. Fry until golden. Replace chicken. Add garlic mixed with wine and stock, tomatoes, mushrooms, salt and sugar. Slowly bring to boil. Reduce heat to a minimum. Cover. Simmer 1 hour or until chicken is tender. Transfer chicken to warm platter. Sprinkle with parsley. Accompany with boiled rice. Serves 4.

Mrs. Noeleen Lindsay.

CHICKEN IN CIDER

1 Chicken (jointed) or 4 Chicken Pieces
1 oz. Seasoned Flour
2 oz. Butter
1 Onion
½ pt. Cider
¼ pt. Tomato Puree
Bouquet of herbs

Skin the chicken and toss in seasoned flour. Fry joints in half the butter, then fry the onion till pale brown and put both in casserole. Put the remaining butter and flour into a pan and make a brown roux, add the cider slowly, then the tomato puree and cook for a few minutes. Pour over the chicken in the casserole and add the bouquet of herbs. Cook in a moderate oven for 1¼ hours or until chicken is tender. Remove the bouquet of herbs before serving.

Mrs. Sheena Lamond.

TURKEY AND ASPARAGUS APOLLO

12 oz. Can Asparagus Spears
12 fl. oz. Chicken Stock
1½ oz. Butter
1½ oz. Flour
5 fl. oz. Thin Cream
2 teasp. Lemon Juice
Salt and freshly ground Black Pepper
12 oz. Cooked Turkey Meat (Chicken or Ham could be substituted)
2 Hard Boiled Eggs

Drain the liquid from the asparagus and make up to 15 fl. oz. with stock. Reserve some of the best spears for garnishing and chop the rest into 1" lengths. Melt the butter in a saucepan, stir in the flour and cook gently for a minute. Add the measured liquid and beat briskly until smooth and boiling. Stir in the cream and lemon juice, season and simmer gently for 5 mins. Cut the turkey into bite size cubes and reheat thoroughly in the sauce. Slice one egg thinly and reserve for garnishing. Coarsely chop the other egg and stir into the sauce with the asparagus pieces. Heat through and check seasoning. Turn the mixture into a heated shallow serving dish. Arrange egg slices in the centre with the reserved asparagus spears radiating outwards. Serve hot.

Mrs. B. Robertson.

CHICKEN WITH ORANGE AND HONEY (serves 5-6)

1 Oven Ready Chicken
Juice of 2 Oranges
1 tblsp. Honey
1 tblsp. Cider or Wine Vinegar
1 tblsp. Flour
Salt and Pepper
¼ pt. Chicken Stock
1 tblsp. Lemon Juice
2 Cloves
Garnish: Orange peeled and thinly sliced

Brown Chicken on all sides. Place in a casserole. Make the orange juice up to ½ pint with chicken stock. Stir in honey, lemon juice, vinegar, cloves, salt and pepper. Pour over chicken. Bake for 1½ hours or until tender at 350F, Gas Mark 4. Pour off sauce into a pan and remove cloves. Blend flour with a little water and stir into sauce. Bring to boil, simmer for 1 minute, stirring all the time. Pour over chicken and garnish with rind of orange cut into thin strips and flesh sliced.

Mrs. Dickson.

CRISP FISH BATTER

1 Heaped Cup of Flour
¼ teasp. Baking Soda (very level)
Water (never use milk)
½ teasp Baking Powder
¼ teasp. Salt

Make a batter that will stick to the fish - not too wet. Drop in boiling fat and it will become very crisp and light.
Mrs Jack

HADDOCK & RICE

1 Small Haddock (smoked)
2 Tomatoes
1 oz. Butter
Some boiled Rice
1 teaspn. Chopped Onion
1 teaspn. Chopped Parsley
Salt & Pepper

Bake haddock in a little water for ten minutes. Remove skin and bone and flake. Melt butter and lightly fry onion and tomatoes. Add fish and parsley and season to taste. Arrange boiled rice on warm plate and place fish in centre.

Mrs. Jessie Haddow

SALMON PIE

½ lb. Tin Salmon (grade 2)
1 teacup breadcrumbs
1 teacup Milk
2 oz. Marg.
Salt & Pepper
2 Eggs

Warm milk and melt marg.. Pour over breadcrumbs. Beat eggs. Prepare salmon by removing bones and chopping down, but don't mash. Mix all together and put into a well greased dish. Bake at 350F for 30 mins.

Mrs. M. Butchart

FISH SOUFFLE

1 Pk. Puff Pastry
½ lb. White Fillet
1 small Onion chopped
1 Egg
2 oz. Cheese

Roll out pastry and line a baking tray. Boil fish and chopped onion for 10 mins., strain and put aside. Make sauce 3 oz. Plain Flour, pinch salt, stir in a little milk and mix. Put 2 cups milk in pan and bring almost to boiling point, add flour mixture and bring to boil, then add a little of this to fish and line the pastry with fish and onion. Add to the remainder of sauce 2 oz. grated cheese and yolk of egg already switched. Lastly switch white of egg till stiff, fold in mixture and pour over fish. Put in oven 350F for ½ hr.

Mrs. Mary Findlay

ITALIAN CHICKEN

4 large Chicken Joints
1 oz. Seasoned Flour
2 oz. Butter
1 tblsp. Olive Oil
2 Rashers Lean Bacon
6 small or 1 medium Onion
1 Clove Garlic (optional)
¼ pt. Dry White Wine
2 Tomatoes
4 oz. Mushrooms
1 tblsp. Tomato Puree
6 tblsp. Chicken Stock (cube will do)

Coat chicken with seasoned flour. Melt half butter with oil and brown chicken on all sides. Remove from pan and keep to side. Cut bacon in small pieces, quarter onion or chop, crush garlic, add rest of butter to pan and fry gently for 10 mins. Return chicken to pan, add wine and cook 10 mins. Peel tomato and remove pips, add tomato, slices mushroom, puree and stock. Bring to boil and simmer for about 30 mins. or until chicken is tender.

Mrs. H. Pithie.

CHICKEN FRICASSEE

1 lb. Cooked Chicken
1½ oz. Butter
1½ oz. Flour
1½ gills Milk
½ pt. Chicken Stock (or chicken cube)
Seasoning

Heat butter in pan, stir in flour and cook gently. Add stock and milk, stir until smooth. Put in diced chicken and heat gently for about 20 minutes. Stir in seasoning. Serve with creamed potatoes or cooked rice. (If you don't have enough chicken make up with tinned carrots or peas).

Mrs. Whyte.

TURKEY BREAST FRITTERS

Salad Oil
4 slices Cold Cooked Turkey Breast ($\frac{1}{4}$ inch thick)
Fritter Batter
4 Lemon Wedges
Watercress

Fritter Batter:
2 oz. Plain Flour; Pinch salt; 4 tblsp. lukewarm water; 1 dessp. Salad Oil; 1 egg white whipped. Sift flour and salt into bowl. Mix to thick batter with water and oil. Fold in egg white whisked to stiff snow. Use.

Pour $\frac{1}{2}$ inch oil into frying pan. Stand over medium heat. When oil is hot and starts to sizzle reduce heat to low. Dip turkey slices in batter. Put into pan, one or two at a time. Fry gently until crisp and golden. Drain on soft paper. Transfer to warm platter. Garnish with lemon and watercress. Serves 4.

Mrs. Noëleen Lindsay.

CHICKEN TENNESSEE

Chicken Breasts
1 Small Onion chopped
1 Small Green Pepper thinly sliced OR
1 teasp. Dried Peppers
3 tblsp. Sweet Corn
2 tblsp. Peanut Butter
1 Small Tin Creamed Mushrooms
$\frac{1}{4}$ pt. Chicken Stock
Small Carton Single Cream (optional)

Cook the chicken breasts, skin and bone, and put aside while preparing sauce. Melt a little fat and fry onion gently for a few minutes. Drain and put into pot adding all other ingredients. Season to taste. Cook very gently for about 10 mins. then add chicken and cook until it is heated through. Just prior to serving, add cream and mix it through the sauce. Do not allow to boil. This gives a rich flavour to the sauce. This quantity of sauce is sufficient for 4 portions.

Mrs. K. Stewart.

CHICKEN AND SWEETCORN PASTIES

½ oz. Margarine
1 small Onion chopped
½ oz. Flour
¼ pt. Chicken stock
2 rounded Teasp. Chopped Parsley
8 oz. Cooked Chicken, cut in small pieces
7 oz. Can Sweetcorn, drained
Salt and Pepper
Shortcrust pastry made with 8 oz. flour, beaten egg or milk to glaze

Heat margarine in small saucepan and fry onion until soft but not brown. Stir in flour and cook for 2 minutes, add chicken stock, bring to boil, stirring constantly. Remove from heat and stir in parsley, chicken, sweetcorn and season to taste. Allow to cool. Roll out pastry on a floured surface and, using a 6 inch teaplate as a guide, cut six rounds. Divide filling into six and place a portion in the centre of each round of pastry. Wet edges and fold over, so that the seams are on top. Press edges firmly together and flute with the fingers. Place on baking sheet and brush with egg or milk. Bake for time given until golden brown and serve hot.

Oven temp. 400°F/200°C/Gas mark 6. Cooking time 30 minutes.

Mrs. I.E. Pennycook.

CHICKEN DIVINE

Approx. ½ lb. Brocolli
Cooked Chicken
1 Small Tin Campbell's Condensed Chicken Soup
2 tblsp. Hellman's Mayonnaise
1 teasp. Lemon Juice
½ teasp. Curry Powder
½ cup Shredded Cheddar Cheese
½ cup Soft Breadcrumbs

Cook Brocolli and arrange on greased dish. Combine soup, mayonnaise, lemon juice and curry. Layer chicken and sauce. Sprinkle on cheese and top with breadcrumbs. Bake at 350°F for 45 minutes. Can be prepared day before but add cheese and breadcrumbs just before cooking.

Mrs. Whyte.

CHICKEN JOINTS IN CASSEROLE

1 pkt. Knorr Leek Soup
1 level teasp. Pimento
¼ teasp. Garlic Salt
½ teasp. Mixed Herbs
½ teasp. Salt
Bay Leaf

Mix to ½ pint. Pour over chicken pieces in casserole. Cook for 2 hours at 350F.

Mrs. McDonald.

TAULI

A filling vegetable dish which can be eaten on its own, or as an accompaniment to sausages, fish fingers or beefburgers.

2 medium Onions (8 oz.) sliced
3 oz. Fat (preferably dripping)
1 lb. Skinned Fresh Tomatoes (cut up) OR
1 14 oz. Tin Tomatoes
1 lb. Peeled Carrots cut into ½" dice
2 lb. Peeled Potatoes cut into ½" dice
Salt and Pepper to taste

Fry the onions in the fat until golden brown (don't let them burn). Add the tomatoes and Carrots and cook for ½ hour with the lid on pan. Then add the potatoes and plenty of salt and pepper. Cook on low heat, keeping the lid on, stirring frequently to prevent burning for a further 30-40 mins, until vegetables are tender. Cooking time is about 1--1¼ hours from the start. If you like a hot dish, add a little crushed red pepper or any other flavouring you like, e.g. Worcester Sauce, 10 mins. before serving. Any root vegetable can be used to your taste. Serves 4.

Miss Nadia Butchart.

COURGETTES PROVENCALES

Wipe (do not peel) 1 lb. Courgettes. Cut into thick slices or use sliced frozen courgettes. Sprinkle with salt. Leave to drain in a colander for ½ hour.
Saute for 5 mins. in 1 oz. butter. Transfer to ovenproof dish. Saute a chopped onion until soft. Add to dish. Cover with a chopped large tin tomatoes. Cover with 2 oz. grated cheese and 1 oz. breadcrumbs mixed together. Bake in a hot oven for 25 minutes.

Mrs. Mackie.

FRIED ONION RINGS

500 g./1 lb. Onions
50g./2 oz. Plain Flour
¼ teasp. Bicarbonate Soda
Large pinch Cream of Tartar
Large pinch Salt
1 Egg
3 tblsp. Milk
1 teasp. Melted Butter
Oil for deep frying

Make batter, sift flour, soda, cream of tartar and salt. Beat egg and milk, stir in melted butter and beat well till batter is smooth and glossy. Set batter aside and prepare onions. Peel and slice into even rounds. Separate rounds. Heat oil. Scoop up several rings in fork and dip into batter, allowing excess to fall off. Drop coated onion rings into hot oil and fry for 3-4 minutes till they are golden brown and puffed up. Lift out and drain. Put in warm dish and keep hot till you fry remainder.

Mrs. Whyte.

CLAPSHOT

1 lb. Potatoes
1 tblsp. Chopped Chives or Shallots
1 lb. White Turnips
1 heaped tblsp. Butter or Dripping
Salt and Pepper to taste

Cook the vegetables separately, drain and mash them very well together. Add all other ingredients. Season to taste and serve very hot.

Mrs. Anne Whytock.

SOMERSET PORK (for 2 people)

8 oz. Pork Fillet, cubed
Small Onion, chopped
¼ lb. mushrooms, sliced
Salt and Pepper

Fat to fry - 1 oz.
¼ pt. Cider
Rounded tblsp. Plain Flour

Fry pork 5 - 8 mins. until brown and almost cooked through. Transfer to a plate and keep warm. Fry onion and mushrooms for 3 - 5 mins. Hold pan at an angle to separate fat from onions and mushrooms. Gradually add flour to fat until smooth paste. Cool fat and flour for 1 min. and remove pan from heat. Mix paste with onions and mushrooms and add cider. Return to heat until mixture begins to boil and thicken. Return pork to pan and simmer for 30 mins. or until pork is thoroughly cooked. Serve with boiled rice and garnish with slices of apple.

Miss K. Dixon

PORK FILLET WITH APPLES

1 lb. Cooking Apples
2 lb. Pork Fillet
1 tin tomato puree
1 lb onions - chopped

1 tblsp. brown sugar
Rosemary
Salt and black pepper

Cut pork into cubes, fry lightly in butter and transfer to casserole. Fry onions until golden and add to pork. Cook sliced apples until soft and add to other ingredients with the tomato puree and rosemary. Season with salt and papper and cook in moderate oven for 1 hour or until tender.
Serves 6.

S. Colville

BAKED GAMMON STEAK WITH APPLES

2 level tblsp. soft Brown Sugar
1 level teasp. dry Mustard
1½" thick Gammon Steak (about 1¼lb)
12 very small onions or shallots
¼ pt. apple juice or cider
2 medium sized cooking Apples
3 Cloves
1 oz. Butter

Combine 1 tblsp. Brown sugar with mustard and a shake of pepper. Rub on both sides of gammon steak. Transfer to buttered heatproof dish. Surround with onions or shallots. Pour in apple juice or cider. Cover tightly with lid or foil. Bake in centre of hot oven 425F for 30 minutes. Turn gammon steaks over. Cover with peeled, cored and sliced apples, rest of sugar and 3 cloves. Dot with butter and recover. Continue to cook in moderate oven, for further hour. Uncover during last 15 minutes. Serves 4.

Mrs. Sheena Lamond

BARBECUED CHICKEN

4 Chicken Pieces
1 cup Tomato Ketchup
1 Onion
1 Cup Water
1 tblsp. Worcester Sauce
1 tblsp. Brown Sugar
¼ lb. Sweet Corn
Cooking Oil

Fry chicken pieces and chopped onion. Place in a casserole. Add other ingredients except corn. Cook at 325F for about 1½ hours. Add corn about half an hour before serving.

Mrs. M. Macnaughton

MINCE AND BATTER

Put into a saucepan 1 Lb. Mince, a small chopped onion and salt and pepper. Brown mince in usual way. Add only a little gravy and cook for about ½ hour. Remove from heat and put mixture in a fairly big pie dish. Allow to cool a little.
Mix together 6 tblsp. Plain Flour, 1½ teasp. Baking Powder. Rub in 2 tblsp. Margarine. Add 2 eggs and a little milk. Mix till smooth.
Pour mixture over mince and bake in a moderate oven for about 45 minutes.

Nancy Fraser.

SPAGHETTI & BOLOGNESE SAUCE

1 Small Onion
2 Cloves Garlic
2 Tblsp. Olive Oil
1 oz. Butter
4 oz. Raw Mince
4 oz. Mushrooms
1 lb. Peeled Tomatoes (or 1 Large Tin Tomatoes)
2 Tblsp. Tomato Paste
Salt & Pepper

Chop onion and garlic and fry in oil and butter. Add meat and fry until it looses its redness then add chopped mushrooms, tomatoes and tomato paste. Season and cook gently until meat is tender (about 45 mins). Cook spaghetti and serve with Bolognese sauce on top. Sprinkle with parmesan cheese.

Mrs. J. Brown.

CHILI CON CARNE

3 Tblsp. Fat
1 lb. Minced Beef
£ Onions (Chopped)
1 Tin Kidney Beans
1½ Cups Condensed Tomato Soup
1½-2 Tblsp. Chili Powder
1 Tblsp. Flour
3 Tblsp. Water
1 Teasp. Salt

Brown meat in fat and cook for 10 mins with onion. Add kidney beans and tomato soup and cook. Make into a paste and blend in the chili powder, flour and water and salt. Cook on low heat, stirring frequently for 45 minutes. Serve hot with crackers.

Mrs. Whyte.

ITALIAN COUNTRY PIE

¾ lb. Mince
1 Onion
7½ oz. Tin Peeled Tomatoes
Seasoning
½ Pint Cheese Sauce
3 oz. Cooked Macaroni
Cooked Rice

Melt 1 oz. butter in frying pan. Fry chopped onion till soft, add mince (sprinkled with curry powder if desired) and fry for 15 mins. Add ½ Pint sock (Bisto) pepper & salt, garlic to taste. Simmer till meat is cooked.
Now in buttered casserole put layers of macaroni, spoon on meat (as little liquid as possible) again layer of macaroni and meat. Pour liquid from meat into casserole and top with cheese sauce. In oven 375 for approx. 30 minutes. Serve with rice.

Mrs. Hutton.

MOUSSAKA

The base of this dish can be aubergines, courgettes or potatoes.

8-10 oz. Potatoes (sliced)
½ lb. - 1 lb. Minced Beef
1½ Onions (chopped)
4 oz. Mushrooms
½ Can Tomatoes
¼-½ Pint Stock
2 Tblsp. Tomato Puree
4 Tblsp. Oil
Topping: Cheese Sauce

Slice potatoes and fry until cooked, drain then line an ovenproof dish with the potatoes. Fry onions in the oil until transparent then add mushrooms. Fry for another 2 minutes. Add mince to onion and mushroom mixture and brown. When browned, add all other ingredients, bring to boil and simmer for 45 mins. or until mince is cooked. Transfer into the ovenproof dish and keep warm. Make cheese sauce, pour on top of mince. Sprinkle a little grated cheese on top and brown slightly under grill. Garnish.
Serves 2-3 people.

June McLaren.

ECONOMIC MOUSSAKA

1 lb. Mince
1 Large Onion
1 lb. Potatoes

¾ Pint Milk
1 oz. Plain Flour
1 oz. Margarine
Salt & Pepper
} Sauce

Part-boil potatoes and slice. Brown mince. Finely slice onions. Make a white sauce and season well. Layer mince, onion, potatoes and sauce in a large casserole. Place in pre-heated oven 375F for 1-1½ hours.
Variations: Add grated cheese to sauce and sprinkle top with a little grated cheese before putting in oven.

M. Fraser.

SAVOURY LIVER

2 Rashers Streaky Bacon
200g. Liver-washed
30 mls. Plain Flour
Salt & Pepper
1 Small Cooking Apple
25g. Lard
25g. Sultanas
1 Dessp. Tomato Puree
250 mls. Stock
75 g. Patna Rice
Parsley

Cut each rasher of bacon into eight. Clean and remove any tubes from liver. Cut into pieces same size as bacon. Mix flour and seasonings. Toss liver in flour. Quarter apples and peel and core. Cut into cubes. Melt fat in saucepan, cook liver and bacon until browned. Add sultanas, apple and puree. Mix well, add stock, bring to boil simmer for 20 mins. Cook rice in boiling salted water for 12 mins. Drain. Form border of rice around dish, then serve meat in centre. Garnish with parsley.

Miss. Johann Forsyth.

BARBECUE PORK CHOPS

1 Small Can Condensed Tomato Soup
2 Tblsp. Brown Sugar
2 Tblsp. Vinegar
2 Teasp. Worcestershire Sauce
1 Small Chopped Onion
½ Teasp. Dry Mustard
6 Pork Chops or Steaks
2 Tblsp. Oil or Lard

Combine first 6 ingredients. Brown chops on both sides in hot oil. Pour off excess fat. Pour sauce over chops. Cover simmer about 1 hour basting occasionally. (Serves 6).

Mrs. Margaret Mackie.

CURRIED FISH

4 Pieces Haddock
1 tblsp. Tandoori Curry Powder
1 tblsp. Lemon Juice
3 tblsp. Plain Yoghourt
2 oz. Butter
Salt & Pepper

Spread Tandoori curry powder, lemon juice, seasoning and yoghourt over fish and leave for one hour. Spread butter over and bake at Mark 5 for 30 mins.

Anne Gibson

FISH PIE

½ lb. Any kind of cooked Fish
½ lb. Cooked Mashed Potatoes (hot)
this works out at equal shares

Add ground white pepper, then add 3 oz. Marg. to the potatoes and beat till all is well mixed and smooth. Add cooked fish and mix well. Put all into a well buttered baking dish, smooth over then go over all with a fork to make ridges. Spread grated cheese over all and some top of milk. Cook for ½ hr. at 350F then at 300F.

Miss Susan Shaw

FISH SOUFFLE

½ lb. Raw Haddock (cut up in small pieces)
3 Eggs
½ pt. Milk
Pepper & Salt
Prepared deep Pie Dish buttered or
Souffle Dish
3 oz. Marg
3 oz. Plain Flour
Little Grated Cheese
A little Top of the Milk

Melt Marg. in middle sized pan, add flour and mix in well. Add milk and stir well and stir till all comes to the boil, and beat well till smooth, add salt and papper. Then cut up haddock, mix in well, put lid on and leave to cook slowly for 10 mins. Then separate eggs, put whites in a basin ready to whip up and add the yolks to fish mixture. Stir in well and put lid on again and leave near heat. Beat up whites with a pinch of salt till stiff then fold in to the prepared fish mixture. Mix in well and turn all into the prepared pie dish or souffle dish. Spread grated cheese over the top (Cheddar or Parmesan is ideal. Dribble a little top of the milk or thin cream over the top. Bake in a medium oven 350 F then 300 F till well cooked for at least ½ hr. Serve at once. Serves 4 for a main meal.

Miss Susan Shaw

POTTED SMOKED MACKEREL

1 lb. Smoked Mackerel (cooked)
8 oz. Melted Butter
3 tblsp Single Cream
Black Pepper
¼ teasp. Curry Powder
Grated Rind & Juice of 1 Lemon

Flake fish and remove bones. Blend with all but 2 tblsp. of the melted butter and rest of ingreds. put into individual dishes. Pour remaining butter on top and chill.

Mrs Jeanette Stewart

TUNA LOAF (Serves 4)

7 oz. Can Tuna (drained)
1 Small Red Pepper (finely chopped)
2 inch Piece of Cucumber (finely chopped)
2 Tblsp. Lea & Perrins Sauce
1 Sachet Gelatine dissolved in 3 Tblsp. Hot Water
2 Eggs Hard Boiled (Size 4)
1 Teasp. Tomato Puree
2 Tblsp. Lemon Juice
Salt & Pepper

Flake tuna and finely chop eggs. Place in a bowl with rest of ingredients and mix well. Add melted gelatine, mix well. Press mixture into a 1 lb. Loaf Tin and chill for about 2 hours. Turn out and garnish with cucumber and lemon. Serve in thick slices.

Mrs. Dickson.

LEMON-GLAZED CARROTS

1 - 1½ lbs. Carrots
1 Lemon
1 - 2 Tblsp. Sugar
1 Chicken Stock Cube
1 oz. Butter
Black Pepper
Chopped Parsley to Garnish

Slice carrots thinly and put in saucepan with just enough water to cover. Grate zest from lemon and add to carrots with 2 Tblsp. lemon juice, the sugar, stock cube, butter and pepper. Lay a buttered sheet of greaseproof paper on top and bring to boil. Simmer gently for 30 mins. or until the carrots are tender and the liquid has almost completely evaporated, leaving the carrots glazed with lemony syrup. Toss and turn out on to a heated serving dish and garnish with chopped parsley, and lemon slices.

B.E. Robertson.

EGG 'N' BACON POTATOES (Serves 4)

4 Large Baking Potatoes
4 oz. Streaky Bacon
4 oz. Cheddar Cheese
½ oz. Butter
4 Tblsp. Milk
2 Eggs (Separated)
3 Tblsp. Chopped Parsley
Seasoning

Heat oven to 200C/400F/Gas 6. Scrub potatoes and prick them with fork. Bake in oven for 1 hour 15 mins. Grill bacon till crisp and chop it. Grate cheese finely, take potatoes from oven cut them in half lengthways and scoop out centres. Mash scooped out potatoe with butter, milk and egg yolks. Mix in bacon, cheese, parsley and seasoning. Whisk egg whites till stiff and fold back into mixture. Pile mixture back into potato shells and put on to ovenproof dish. Place back in oven for 15 mins so filling rises and becomes golden brown.

Mrs. Whyte.

STUFFED COURGETTES

6-8 Medium Courgettes
1 oz. Butter
1 Large Onion (chopped)
1 lb. Bacon
4 Large Tomatoes (Peeled & chopped)
½ Teasp. Mixed Herbs
Salt & Pepper

Cut a wedge and scoop out middle from each courgette. Melt the butter and fry onion for 5 mins. Finely chop bacon, add to pan and cook for a further 10 mins. Add tomatoes, herbs and seasoning and pile into courgettes. Put into an ovenproof dish, cover with foil and bake for about 45 mins. until cooked. Oven setting 350F/180C/Gas 4.

June McLaren.

CURRIED SAUSAGE PIE

½ small onion - thinly sliced
½½ lb. sausages - skinned
½ oz. lard
1 level tblsp. curry powder
1 level tblsp. plain flour
½ level tblsp. chutney
½ oz. sultanas
¼ pint water

Topping:-
¾ lb. peeled potatoes
Salt and Pepper
½ oz. margarine
½ tblsp. milk
Garnish:
½ tomato
1 pint ovenware dish

Place boiling water in pan, add salt and potatoes. Cook till ready. Cut sausages into pieces approx 1" long. Melt lard in a pan, add onion and cook till soft. Add sausage pieces and cook till brown. Remove from heat and add chutney and seasonings. Blend flour and curry powder with water and stir into pan. Return to heat and stir continuosuly until mixture boils. Simmer for 10 mins. Drain and mash potatoes, add pepper, margarine and milk, beat until well creamed. Sausage mixture can then be placed into oven proof dish and covered with creamed potatoes. Brown under grill and garnish with tomato.

Johann Forsyth

CORNED BEEF AND VEGETABLE TARTS

Short crust pastry
4 oz. corned beef
2 oz. cooked diced potatoes
2 oz. peas
½ oz. butter
½ oz. flour
4 tblsp. milk
1 beaten egg
Salt and pepper

Roll out pastry. Cut into 12 rounds with 3" biscuit cutter. Use to line 12 buttered bun tins. Chop corned beef, combine with potatoes and peas. Melt butter in pan, stir in flour and cook 2 mins without browning. Gradually blend in milk. Cook, stirring until mixture thickens. Remove from heat. Stir in beef, potatoes, peas and beaten egg. Season to taste. Spoon equal amounts into pastry. Bake 400F for 10 mins. Reduce to 375F and bake further 12-15 mins. Serves 4. Hot or cold.

Mrs Mackie

STUFFED HEART

4 sheeps hearts
¼ lb. suet
1 dessp. chopped parsley
1 teasp. thyme
Salt and Pepper
8 ozs. breadcrumbs
1-2 eggs
Rind of Lemon
Butter of dripping

Break up suet, grate rind of lemon and add a dessp. of chopped parsley, teasp. thyme, salt and pepper to taste. Take 8 ozs. breadcrumbs and stir altogether well. Bind with 1 or 2 strained beaten eggs as required. Press this stuffing firmly into each trimmed heart, tie with string, spread a lump of butter or dripping on each and set in a firmly hot oven to bake for 30 mins. Baste liberally and serve on a bed of mashed potato or rice. Make a hearty meal of this cheap and nourishing dish.
Mrs P Dolby

SPANISH SAUSAGES

Sausages
Mushrooms
Onion
Tin tomatoes
Green pepper or frozen mixed peppers
Salt and pepper
1 teaspoon sugar

Fry onion, mushrooms and peppers in margarine or oil, add tomatoes, salt and pepper and sugar. Simmer until nearly cooked. Add sausages on top and simmer gently until sausages are cooked.

Mrs D. Parker.

SAUSAGES IN CIDER

1 lb. sausages
1 teasp. fat
1 large onion
A sprinkling of flour
½ pt. cider
Salt and pepper

Fry sausages until nicely browned. Remove from pan. Slice onion into rounds and fry in remaining fat. Pour off all but a teaspoonful of fat and dust in a little flour. Add the cider and stir over a gentle heat until it comes to boil. Season sauce, put sausages back. Cook all together for ten or fifteen minutes. Serve with frozen peas and sliced tomatoes.

Mrs Anne Whytock.

STUFFED CABBAGE LEAVES (Serves 6)

6 large cabbage leaves
1 lb sausage meat
1 large cooking apple (peeled and chopped)
1 onion (finely chopped)
Salt and pepper
1 can Mulligatawny soup

Pre-heat oven to 375°F. Blanch cabbage leaves for 2 - 3 minutes in boiling water. Drain and dry carefully and remove thick stem. Mix sausage meat, apple, onion and seasoning. Divide into 6 portions and enclose each in a cabbage leaf. Secure with cocktail sticks. Place in a shallow casserole. Pour the soup over the cabbage leaves and bake in centre oven for 35 - 40 minutes.

Miss Donna Hindmarch.

SAUSAGE FIDGET PIE (Serves 4)

8 oz. short crust pastry
1 lb pork sausages
2 medium potatoes peeled and sliced
2 cooking apples peeld and sliced
1 large onion peeled and sliced
1 tblsp. brown sugar
2 tblsp. mild English mustard
1 teasp. dried sage
1 teasp. parsley
Salt and pepper
¼ pint water
1 egg beaten

Roll out pastry slightly larger than a 2 pint pie dish and leave to rest. Cut sausages in half. In a 2 pint pie dish arrange a layer of potatoes then sausages, sliced apples and onions, sprinkle with sugar. Mix mustard, herbs and water together, pour over filling and season well. Dampen edge of pie dish, cut a ½ inch rim of pastry and place around edge. Brush with water and put on the lid, trim the edges and press down to seal. Brush with beaten egg and decorate with pastry leaves cut from trimmings. Bake at 450°F gas mark 8 for 30 minutes then reduce heat and cook for a further 45 minutes 300°F gas mark 2.

Irene Rodger.

QUICKIE PIZZA

¼ teasp. mixed herbs
6 oz. self raising flour
½ teasp. salt
2½ oz. Scottish butter
6 tblsp. milk

1 large onion (chopped)
small can tomatoes (don't use all the juice)
¼ lb. mushrooms
¼ lb. cooked bacon (or any left over meat)
3 oz. grated cheese

Base:-
Add herbs and salt to the flour and rub in 1½ oz. butter. Mix to a soft dough with milk. Knead and roll into an 8'' round. Place on a greased tray.

Filling:-
Fry the onion in the rest of the butter. Add tomatoes, bacon, mushrooms. Cook slowly until the mixture thickens then season and spread on the base. Cover with grated cheese and bacon strips. Bake at 425° for 25 - 30 minutes until dough has risen and cheese is golden brown.

Mrs Amy Smith.

SCONE PIZZA

8 oz. self raising flour
2 oz. margarine
4 oz. hard cheese grated
1 teasp. salt
2 teasp. dried mixed herbs
4 tblsp. milk

4 tblsp. water
6 mushrooms sliced
tin tomatoes
1 teasp. tomato puree
1 onion chopped
Salt and pepper

Rub margarine into flour. Gradually add milk and water and salt. Roll out dough. Combine tomatoes, tomato puree, chopped onions and mushrooms, salt and pepper. Spread on dough. Sprinkle the grated cheese and then herbs and bake for 15 to 20 minutes at Gas 7.

Anne Gibson

QUICKIE PIZZA (Serves 4)

6 oz. self raising flour
½ teasp. salt
¼ teasp. mixed herbs
1½ oz. butter or margarine
2 rashers streaky bacon cut into strips
6 tblsp. milk
1 large onion sliced and fried in butter or margarine
2 tomatoes sliced
6 oz. Cheddar cheese grated

Rub margarine into flour and dry ingredients. Add milk to make a moist dough and spread out mixture on a greased 8'' ovenproof plate. Place on cooked onions and sprinkle over the grated cheese. Lay strips of bacon across the top in a lattice fashion. Finish off with slices of tomato. Bake at 220°C, 425°F, mark 7 for 25 - 30 minutes until dough has risen and cheese is golden brown.

Mrs E. Dunn.

BACON AND EGG PIE

4 oz. shortcrust pastry
3 oz. bacon rashers
3 oz. grated cheese
¼ teasp. dried mustard
1 small tin evaporated milk
2 eggs
Salt and pepper to taste

Line 7'' tin with the pastry, prick lightly. Cut bacon into small pieces. Mix mustard with a little milk. Beat the eggs well and add the bacon, cheese, mustard, milk, salt and pepper. Mix well and pour into the pastry case. Bake gas mark 5, 350°F for 30 - 35 minutes. Chicken may be used instead of bacon. Add few mushrooms.

Mrs Jeanette Stewart.

FAMILY PIZZA

Base:- ½ lb. boiled potatoes (mashed)
4 ozs. self raising flour
½ teasp. salt
2 ozs. margarine

Topping:- ½ lb. onions peeled and sliced
1 red pepper finely sliced
6 ozs. cheddar grated
1 tblsp. cooking oil
2 tblsp. tomato ketchup
4 ozs. mushrooms
½ level teasp. marjoram (optional)
2 teasp. vinegar
Salt and Pepper

Mash potato, stir in margarine, then add flour and salt. Knead lightly and place on an oiled baking tray and press into 10" round. Heat the oil and fry onions and red pepper for 2-3 mins, not browned. Spread ketchup over base. Stir the mushrooms, marjoram, vinegar, salt and pepper into the onions and pepper. Spread over base and sprinkle cheese on top. Cook 30-40 mins - 400°.

Mrs Bette Strachan

SAUSAGE AND BACON PIE

Shortcrust Pastry:- 10 ozs. flour
2½ ozs. each margarine and lard

Filling:- ½ lb. sausages
¼lb. bacon
1 large onion chopped
1 large tomato sliced
1 large egg
2 tblsp. milk
Seasoning

Line 8" plate with half pastry. Fry sausages and half lengthwise. Fry onion and chopped bacon. Arrange sausage and tomato on plate (tomato in centre). Sprinkle bacon and onion on top. Beat egg and milk, pour over top. Cover with rest of pastry making slit in top, brush with beaten egg and bake in moderate oven for 40 mins. Mrs H Pithie

BAKED EGGS AND CHEESE

½ lb. tomatoes
4 eggs
1 oz. butter
2 oz. grated cheese
Salt and pepper

Grease a pie dish. Scald, skin and slice the tomatoes and lay them in the dish. Break eggs carefully on to tomatoes, season, cover with grated cheese and put little dabs of butter over the top. Bake in a moderately hot oven till the eggs are set (about 15 minutes). N.B. tomato puree may be used instead of the fresh tomatoes.

Irene West

SAUSAGE ROLLS

2 oz. butter or margarine
4 oz. grated Cheddar cheese
Sandwich pan
Chipolato sausages
½ teasp. made up mustard

Roll out bread removing crusts. Soften butter, beat in grated cheese and mustard. Spread on bread, lay sausages on top. Roll up and secure with cocktail sticks (cut sticks in half). Bake at reg.5 about 20 - 30 minutes. Must bake and eat - can't be re-heated.

Freda Duncan

MUSHROOM SWISS STEAK

1 lb. Stewing steak
2 tblsp. fat
1 can condensed mushroom soup
½ cup milk

Brown steak in the fat. Combine milk and soup and add to steak. Cover and bake in slow oven for about 2½ hours till tender.

Una McLaren.

LANCASHIRE HOT POT

1 lb. best-end neck of lamb, divided into neat chops.
2 lambs kidneys, skinned and trimmed
1 lb. potatoes, peeled, washed and thinly sliced
8 ozs. onions, peeled and thinly sliced
8 oysters.
Salt and Pepper
¼ pint stock (or stock cube and water)
½ oz. melted butter

Trim chops. Remove surplus fat. Cut kidneys into thin slices. Cover base of dish with half potato slices. Place chops on top. Cover with kidneys, onions and oysters. Season. Pour instock. Arrange rest of potato slices attractively on top. Brush with butter. Cover with lid. Cook in centre of moderate over (325F or Gas 4) 1½ hours. Remove lid. Cook further 30 mins. or until potatoes are golden.
Serves 3 or 4.

Mrs. Noeleen Lindsay.

BEEF STROGANOFF

1 lb. Round Steak
4 ozs. Mushrooms
2 Onions
2 ozs. Butter
1 tblsp. Plain Flour
1 tblsp. tomato puree
¼ pint beef stock
¼ pint sour cream
Black Pepper
Salt

Cut meat into thin strips and sprinkle with salt and pepper. Fry sliced onions and mushrooms in melted butter for 5 mins. Add meat and fry until browned. Stir in flour, cook gently for 2 mins, add puree and stock, and bring to the boil. Cook in moderate oven for 2 hours. Stir in sour cream before serving.

Mrs Mary McLaren

STUFFED SKIRT

¾-1 lb. Skirt (in a strip)
2 ozs. Fat
1 Onion
3 tblsp. Oatmeal

Melt fat, add onion and brown, add oatmeal and mix. Lay skirt out flat and place stuffing in centre. Tie securely and simmer for 2½-3 hours.

Mrs A S Malloch

SPAGHETTI PANCAKE (Serves 3/4)

5/6 oz. Spaghetti
3/4 oz. Cheese (Grated)
Salt & Pepper
2 Eggs
3/4 oz. Cold Meat (Chopped)
Butter for frying

Cook spaghetti in boiling, salted water. Meanwhile beat together eggs, cheese, meat and seasoning. Add cooked spaghetti and mix well. Fry one side in the butter, brown top under grill for few minutes.

Mrs. Anne Scott.

MOCK MOUSSAKA

8 oz. Mince
1 Onion
2 Potatoes
2 Tomatoes
Pinch Mixed Herbs
1 oz. Marg
1 oz. Flour
½ Pint Milk
Salt & Pepper
2 oz. Cheese

Brown mince, add chopped onion, chopped tomato and mixed herbs and seasonings. Peel potatoes and slice thinly. Layer meat and potato in pie dish, finishing with potato. Make sauce with margarine, flour and milk and add most of the grated cheese. Pour sauce on top of sliced potato and sprinkle with remaining cheese. Bake in moderate oven 180C (375F or Mark 5) for about 40 minutes till browned and potato cooked.

Mrs. M. MacNaughton.

LASAGNE (Serves 4-5)

Pasta: 4-5 oz. Lasagna
2 Pints. Boiling Water (at least)
1 Teasp. Salt

Meat Sauce:
1 Tblsp. Oil
1 Medium Sized Onion
1 Rasher Bacon
4-5 Large Tomatoes (or small can of tomatoes and liquid)
¼ Pint Stock (when fresh tomatoes are used)
1 level Teasp. Mixed Herbs
2 Tblsp. Wine (optional but improves flavour)
1 lb. Lean Minced Beef
Seasoning

Cheese Sauce:
1 oz. Marg
1 oz. Flour
½ Pint Milk
¼-½ Level Teasp. Dried Mustard Seasoning
2-3 oz. Grated Gruyere Cheese (Chedder can be used instead)

Yoghurt Topping:
1 Can Natural Yoghurt
1 Egg
½ oz. Flour
2 Tblsp. Parmesan Cheese (approx)
Chedder can be used

Prepare Meat Sauce: Heat oil, fry chopped onion and bacon for a few minutes, add mince and brown. Add chopped tomatoes and stock or canned tomatoes, plus herbs, seasoning and wine (if used). Cook gently stirring from time to time (about 30 mins).
Cook pasta in boiling salted water for 11 mins, drain and allow to dry by hanging over sides of pan once it has been drained and removed from heat. Once dried cut into neat pieces.
Cheese Sauce: Melt Marg, stir in flour and cook 2-3 mins. Remove from heat and gradually stir in milk. Return to heat and bring to boil stirring constantly to prevent lumps forming - should be a nice coating consistency. Stir in mustard, seasoning and cheese after removing pan from heat.

Cont.

LASAGNE (Cont)

Assemble Dish: Arrange above items in layers, starting with meat sauce, then pasta and then sheese sauce, but end with final payer of pasta.
Topping: Blend yoghurt, egg and flour and spoon over final layer of pasta. Sprinkle with grated cheese and bake in centre of the over - mod. temp. 375F (Gas mark 4-5) for about 30 minutes if done straight away or 45 minutes at a slightly lower temperature if allowed to cool completely.

Mrs. Jack.

MINCE CASSEROLE

1 lb. Mince
1 Onion
1 Tomato
Parsley
Potatoes
½ Pint Cheese Sauce
Seasoning

Peel and slice potatoes, onion and tomatoes. Make cheese sauce. Fry onion and tomato and brown mince. Put into casserole, alternate layers of potatoes and meat mixture seasoning well. Top with layer of potatoes and parsley, then add cheese sauce. Cover and bake for 1½ hours at 335F or regulo 3.

Jessie Haddow.

BABATIE

1 lb. Mince
1 Onion
2 Slices Bread soaked in half a cup milk
½ to 1 tblsp. Curry Powder
2 teasp. vinegar
2 Eggs
1 tblsp. Chutney
Some sultanas
3 Bayleaves
Salt and Pepper
(1 egg and quarter cup of milk)

Brown mince and onions (chopped) in a little fat. Mix all the remaining ingredients together in a bowl except (1 egg and ¼ cup of Milk) then mix in the mince and onions. Put in a baking dish then beat 1 egg and ¼ cup milk together and pour over the top. Bake at 350C for¾ - 1 hour or until firm. Serve with yellow rice.

Mrs Sandra Patterson

BEEFIES

10 ozs. Mince
4 ozs. Lean Bacon (Minced)
2 ozs. Breadcrumbs
1 Beaten Egg
Salt and Pepper
Small Can Tomato Soup

Mix mince, bacon, breadcrumbs and seasonings. Bind with egg. Divide into portions and shape into balls. Place in casserole. Pour soup over the beef. Cover and cook for 1 hour at Gas Mark 4.

Nancy Fraser

BEEF COBBLER

2 oz. Fat
2 large sliced Onions
1½ lbs. Stewing steak or Beef
½ - 1 tblsp. Paprika
¼ pint Water
1 Green Pepper
4 Tomatoes
Seasoning

For Cobbler - 6 ozs. S.R. Flour
Seasoning
1½ oz. Marg
Milk

Heat fat, brown onions and diced meat, stir in paprika and rest of ingredients. Pepper should be diced with seeds and core removed. Tomatoes skinned and quartered. Cover tightly and cook either in saucepan or casserole for 2¼ hours 300 - 325F. Sieve dry ingredients, rub in marg, mix to stiff dough with milk. Cut into small rounds and place on top of stew and brown, putting oven up to 425F for 15 minutes.

Mrs. A.S. Malloch

BEEF STROGANOFF

1¼ - 1½ lb. fillet of beef or stewing steak
Seasoning
2 small Onions
3 ozs. Butter
3 - 4 oz. Mushrooms
¼ Pt. Smetana (sour cream) or fresh cream + 1 tblsp. lemon juice
1 dessp. Flour
Pinch Mustard
Little extra cream

Cut beef into thin strips 2" long, season. Brown chopped onion in butter, add sliced mushrooms and meat to onions, fry for 5 minutes. Blend smetana with flour and mustard and pour into pan, stir well, cover pan, simmer gently for 10 minutes for fillet of beef or until beef is tender. 1-1½ hours for stewing beef. Add more smetana before serving.

Mrs. A.S. Malloch

BEEF STROGANOFF

1½ lbs. Fillet Steak
3 oz. Butter
1 small Onion (2 oz) peeled and grated
12 oz. button mushrooms, washed and sliced
Salt and Pepper
3 tblsp. white wine (opt)
1 carton soured cream

Cut steak into ½ inch thick slices. Beat until very thin. Cut into ½ inch wide strips. Put 1 oz. butter into frying pan. Stand over medium heat. When hot and sizzling, reduce heat to low. Add onions. Fry gently 2 minutes. Add steak strips. Fry 5 mins. turning all the time until meat is evenly browned. Remove from pan. Keep warm. Add rest of butter to pan. Melt slowly. Add mushrooms, fry 5 minutes. Return steak. Season with salt and pepper. Stir in wine and cream. Re-heat gently without boiling. Serve hot. Accompany with noodles.
Serves 4 or 6.

Mrs. Noeleen Lindsay

STUFFED PORK CHOPS

4 Lean Pork Chops
Lemon and Apple Stuffing.
1 finely chopped Onion
3 ozs. breadcrumbs
1 grated Cooking apple
Salt and Pepper. 1 Egg.

Mix all ingredients with beaten egg. Spread the lean chops with stuffing. Cover with foil. Bake 350-400F. for 1 hour.

E.P. Sharp

BACON STEAKS WITH APRICOTS AND RAISINS

4 ozs. dried apricots (soaked)
2 ozs. raisins
¼ pt. white wine vinegar
¼ pt. dry cider or apple juice
2 level tblsp. demerara sugar
1 teasp. Worcester sauce
1 tblsp. honey
1 oz. butter
1 tblsp. dry mustard
4 gammon steaks

Drain apricots and place in a saucepan with the raisins, vinegar, cider, sugar and Worcester sauce. Bring to the boil and simmer, uncovered for about 20 minutes until pulpy. Combine melted butter, honey and mustard. Place gammon or bacon, on grill pan and brush with the butter glaze. Grill gently for 10 minutes on each side, brushing with more glaze if necessary. Season with pepper. Arrange the bacon steaks in a flameproof serving dish, mix any pan juices with the apricot sauce and pour over. Place under grill for 4 - 5 minutes.

Mrs. Mavis Ogilvie

SWEET AND SOUR HAM

1½ oz. Butter
1 oz. Brown Sugar
3 tblsp brown or white vinegar
3 tblsp redcurrant or apple jelly
1 - 2 teasp. made mustard
Good shake of pepper
4 slices cooked ham about ¼ - ½" thick
Few drops of Worcester sauce

Put butter, brown sugar, vinegar, redcurrant or apple jelly in frying pan. Stir over gentle heat until mixture forms a smooth sauce, add mustard and pepper. Add slices of ham and heat gently. Serve with rice.

Anne Gibson

BAKED GAMMON WITH CHERRY SAUCE

2½ lb. Piece Gammon
1 lb. Plain Flour
½ pt. Water
1 x 1 lb. tin Black Cherries
1 oz. Sugar
1 tblsp. Vinegar
1 level tblsp. Cornflour
1 tblsp. Water

Soak joint for 24 hours beforehand to ensure that it is not too salty. Sieve flour into a mixing bowl and stir in about ½ pt. water and mix to an elastic dough. Lightly flour the work surface and roll out evenly to a piece of dough large enough to enclose the joint. Place gammon on the dough and wrap round firmly to enclose completely. Moisten edges and press to seal. Place in a greased roasting tin and bake in the centre of the oven at 400F for the first 15 mins then lower heat to 350F and bake for remaining time, allowing 30 mins to the pound. When ready remove from the oven, break away pastry and lift out gammon. Strip off rind score fat and sprinkle with freshly toasted breadcrumbs.
CHERRY SAUCE - Strain and stone the cherries and place in a saucepan. Measure juice and make up to ½ pint with water. Add juice, sugar and vinegar to cherries. Place pan over a moderate heat and stir till sugar is dissolved. Blend cornflour and water in a small bowl, stir in a little juice, blend well and return to saucepan. Stir over a low heat till mixture thickens and comes to the boil.
Serve hot.

Mrs P Tolland

BACON AND SAUSAGE PLAIT

¾ lb. Puff Pastry
8 oz. Pork Sausage Meat
8 oz. Chopped Cooked Bacon
2 roughly chopped hard boiled Eggs
1 teasp. sage or basil
Seasoning
Egg to glaze

Make pastry, roll out to 10" square. Mix all ingredients together and place down the centre, leaving equal sides of empty pastry. Cut side obliquely in ½" strips, brush with beaten egg, lift alternate strips over the sausage mixture to form a roll resembling a plait. Brush with egg. Bake 15 mins. in mod. hot oven 400F, then lower 350F for further 15 mins.

Mrs. A.S. Malloch

APRICOT PORK CHOPS

6 Pork Chops
1 oz. Butter
1 Onion
½ oz. Flour
1 medium can halved Apricots
2 tblsp. Tomato Puree
Grated rind of 1 Orange
2 Bay leaves
3-4 tblsp. Vinegar
Seasoning

Trim chops and fry until brown place in shallow casserole. Chop onion and fry in remainder of fat, stir in flour, cook for several minutes. Remove from heat. Save some apricots for garnish, sieve the rest to form a puree. Stir into pan with tomato puree, orange rind, bay leaves, vinegar and seasoning. Bring to boil, stirring, cook 1 - 2 minutes. Pour over chops. Cook in oven for 35-40 minutes. 375F - 400F. Slice orange and with apricots garnish chops.

Mrs. A.S. Malloch

ORANGE PORK SKILLET

6 Pork Chops or Gammon Steaks
1-2 ozs. Butter
6 ozs. can undiluted Orange Juice or fresh Orange Juice
2 tblsp. Brown Sugar
1½ teasp. Ground Ginger
½ teasp. Mixed Spice
¼ teasp. Tabasco Sauce
1 Large Orange
1-2 Apples

Trim excess fat from chops and brown in hot butter. Blend orange juice, brown sugar, ginger, spice and Tabasco sauce, pour over chops, put a lid on pan and simmer for 45 mins until chops are very tender. Baste once or twice. Cut unpeeled orange and apples into slices then into neat pieces and add to chops for last 5 mins of cooking.

Mrs A S Malloch

HAM AND PINEAPPLE LOAF

12 ozs. Ham
1 Onion
1 Green Pepper
1 Egg
1 oz. white breadcrumbs
Paprika, Nutmeg
Seasoning
2 ozs. Marg
6 Pineapple Rings

Mince ham, chop onion and green pepper, discarding seeds and core. Place all loaf ingredients except pineapple, in a bowl and thoroughly mix. Grease tin, drain juice from pineapples. Place 2 rings in bottom of loaf tin, and stand 1 at each end and 1 at each side. Press ham mixture into tin and smooth top. Bake for 1 hour in oven 375F.

Mrs A S Malloch

SMOKED HADDOCK FLAN

Shortcrust Pastry:
75 g. Flour
25 g. Marg
12½ g. White Fat
Pinch Salt
Cold Water

Filling:
½ Onion
150 g. Smoked Haddock
75 g. Grated Cheese
2 Eggs
125 mls. Milk
Salt and Pepper
300 g. Potatoes
Milk
Marg.

Make pastry and line 7" flan ring. Finely chop onion and mix with cooked haddock and 50 g. cheese. Place in flan case. Beat eggs, milk and seasoning, pour over flan. Cook at 400F for 30 mins. until set. Sieve potatoes and cream with marg and milk, place in piping bag with star nozzle, pipe over flan, sprinkle with cheese. Place under grill for 5 mins. to melt cheese.

Mrs. Christine Forsyth

SALMON LOAF (Serves 4 - 6)

1 7-8 tin Salmon
2 Eggs
2 tblsp. Melted Butter
1 teasp. finely chopped Parsley
½ teasp. Onion Juice
¼ cup Milk
¼ cup Breadcrumbs
Juice of ½ lemon
Salt and Pepper

Remove skin, bones and drain off liquid from salmon. Heat milk and stir in crumbs to make a paste. Add salmon, egg yolks and all the other ingredients. Mix well. Beat egg whites until stiff and fold into mixture. Turn into greased 1 lb. loaf tin and bake at 425F for 30 mins. Serve hot or cold.

Mrs. Anne Scott

TUNA FLORENTINE

1 lg. pkt. Frozen Spinach
2 tblsp. Double Cream
2 x 7 oz. cans middle-cut Tuna divided into chunks
Cheese Sauce:
2 extra oz. grated Cheddar Cheese
Seasoning to taste
9 small toast triangles
1 sprig Watercress
4 Wedges Tomato

Cheese Sauce:
1 oz. Butter or Marg
1 oz. Plain Flour
½ pt. cold **Milk**
Season to taste

Cook Spinach as directed on packet. Drain well. Combine Cream. Season. Use to cover base of dish. Add tuna to sauce. Heat through gently without boiling. Pour into dish. Sprinkle with cheese. Brown under hot grill. Garnish with border of toast. Put watercress in centre, tomato wedges on either side and serve from dish. Serves 4.

Mrs Noeleen Lindsay

APPLE CAKE

6 oz. S.R. Flour
1 Level Teasp. Baking Powder
3 oz. Castor Sugar
1 Large Egg
6 tblsps. Milk
1 oz. Melted Butter

Topping: 1 oz. Melted Butter
1 lb. Cooking Apples
3 oz. Castor Sugar
1 Level Teasp. Cinnamon

Sift the Flour and Baking Powder into a bowl and add sugar. Add egg, milk and melted butter and mix gently at first and then vigourously to make a smooth, fairly soft mixture. Spoon the mixture into a well-greased small roasting or shallow baking tin approx. 11" x 7". Spread mixture level. Brush the top all over with the second 1 oz. melted butter. Peel, core and thinly slice the apples and arrange over the surface of the cake. Mix together the castor sugar and cinnamon then sprinkle generously over the apple slices. Bake in the centre of a hot oven (400F. 200C Gas Mark 6) for 35 mins. or until the apples are tender and golden. Serve, cut in squares, with cream or ice cream. It is also very good cold as a cake. (Half quantities of the mixture fills a 7" square shallow baking tin, and a tin of drained pears is a popular alternative to apples in this case.) If this recipe is used as a cake it should be eaten within a couple of days and not kept in a tin.

Mrs. P. Tolland.

CHOCOLATE FUDGE PUDDING (Serves 4/5)

Sift together 4 oz. S.R. Flour, 1 tblsp. Cocoa, pinch salt and 4 oz. sugar into a basin. Stir in 4 oz. milk, 1 tblsp. melted marg. or butter and a few drops vanilla essence. Pour into greased 2 pint ovenproof dish. Mix together 6 oz. brown sugar, 1 tblsp. cocoa and 8 fl. oz. boiling water and pour on top of mixture in dish. Bake at 375° for about 45 minutes.

Mrs. Anne Scott.

SPONGE PUDDING HOT

6 oz. S.R. Flour
3 oz. Marg.
3 oz. Castor Sugar
1 Egg
Sufficient Milk to mix
Well greased pudding basin
Serve with Rasp Jam or Golden Syrup

Put flour, sugar and marg. in a basin and rub together till fine like breadcrumbs. Beat egg in a separate basin, add pinch of salt then add almost half a cup of milk and mix well into flour mixture, then turn into greased pudding basin. The mixture should fill the basin up to three-quarters full. Cover with a greased paper and steam for 1½ hrs. Remove from pot, take off greased paper and serve at once with jam or golden syrup.

Miss Susan Shaw.

OSBORNE PUDDING

1 Egg
1 oz. Sugar
½ pint Milk
1 Pinch of Salt
4 thin Slices of Bread & Butter
Marmalade

Beat the egg and sugar; beat in the milk and add the salt. Spread the bread and butter with marmalade and lay the slices in a buttered pie dish, then strain the egg and milk over. Bake in a moderate oven (350°F, Gas Mark 4) for about 1 hour, or until the custard has set.

Mrs. J. Brown.

BUTTERSCOTCH TART

4 oz. Shortcrust Pastry
5 ozs. Soft, light brown sugar
2 ozs. Plain flour, sifted
4 tblsps. water
¼ pt. milk
2 ozs. Butter
3-4 drops Vanilla Essence
1 Egg, separated
1½ ozs. Caster sugar

Preheat oven to 190°C (375°F) - Gas Mark 5. Roll out the pastry and line a 7" (18cm) flan dish with it. Bake blind in the pre-heated oven for 15 minutes. To make the butterscotch filling, mix the soft brown sugar and flour together in a small saucepan and blend with the water. Boil the milk in another saucepan and then pour it over the sugar and flour mixture. Add the butter and mix well, then cook slowly over a low heat, stirring hard with a wooden spoon, until thick. Remove the pan from the heat and add the vanilla essence and egg yolk, beating them well in. To make the meringue topping, whip the egg white in a small bowl until stiff, then fold in the caster sugar. Pour the butterscotch filling into the baked pastry case and cover with a layer of meringue. Place in the oven at 150°C (300°F) - Gas 2 for about 30 minutes until the meringue is crisp and lightly browned. Serve hot or cold with cream.

Moyra Fyffe.

HOT PEACHES

1 (1 lb. 14 oz.) Can Peach Halves
2 oz. Brown Sugar
1 level Teasp. Cinnamon

Drain peaches, reserve ¼ pint juice. Arrange halves cut side up in small baking dish. Pour reserved juice in base of tin and mix sugar and cinnamon together and sprinkle over peaches. Place in centre of mod. hot oven Gas 5 and bake 15 mins. Serve hot with cream.

Mrs. Chris. Linley.

JAM ROLY-POLY PUDDING

1 Cup S.R. Flour
1 oz. Marg.
Pinch Salt

Rub marg. into flour. Mix with milk as if making pastry with water. Roll out lengthwise and spread with Rasp. Jam. Put in buttered pie dish. Put in a saucepan 1 cup Milk, 1 tblsp. Sugar, 1 oz. Marg., dissolve and bring to boil. Pour over roll and bake for 30 mins. until liquid is all dried up. Gas 4 or 350°F.

Mrs. Chris. Linley.

QUICKIE PEAR (Slimmer's Sweet)

Peel and core 1 eating pear. Cut in half and fill centre with 1 oz. chopped Walnuts and 1 teasp. Raisins. Beat 1 egg white and drop of Almond Essence and liquid sweetner. Pile on pear halves and brown in oven.

Mrs. Jessie Haddow.

CLOOTIE DUMPLING

4 Teacups Flour
1 Teacup Sugar
Fully 1 teacup Suet
Fully ½ tblsp. Baking Soda
1 teasp. Salt
1½ teasps. Cinnamon
3 Cups Mixed Fruit
1 Egg
About 1 pt. Milk

Put in floured cloth (wring cloth out in boiling water first), put into boiling water with a plate on bottom of pan. Boil 4 hrs.

Mrs. Jean Smith.

SWEET PIZZA

100 g. S.R. Flour
25 g. Marg.
25 g. Castor Sugar
Pinch Salt
1 Dessp. Mixed Peel
62½ mls. Milk
62½ g. Digestive Biscuits
25 g. Marg
25 g. Soft Brown Sugar
¾ Tblsp. Syrup
¼ Teasp. Mixed Spice
1 Can Fruit
1 Banana
1 Teasp. Lemon Juice

Make scone dough and bake as for a savoury pizza (sieve flour and salt, rub in marg, add enough milk to make an elastic dough, knead and roll out slightly raising edge). Melt marg, sugar and syrup in pan, add spice and biscuit. Spread half mixture on base of pizza, place drained fruit on top. Mash banana, add lemon juice spread over fruit. Put remainder of biscuit on top. Bake in a hot oven (approx. 25 mins). Serve hot with custard or cream.

Miss Johann Forsyth.

NANA'S (CLOOTY) DUMPLING

8 oz. Plain Flour
4 oz. Atora Suet
8 oz. Mixed Fruit
2 oz. Mixed Peel
½ Teasp. B. Soda
½ Teasp. Ground Ginger
½ Teasp. Mixed Spice
½ Teasp. Cinnamon
1 Dessp. Sugar
Pinch Salt
Spoonful Treacle
1 Apple

Mix all ingredients well together adding treacle with milk to mix (not too soft mixture). Scald a pudding cloth with boiling water and sprinkle with flour. Put mixture on cloth and tie securely with piece of string. Put in pot of boiling water and boil for 2½ to 3 hours. Water must be kept boiling and add boiling water if required.

Freda Duncan.

CLOOTIE DUMPLING

1 Cup Sugar
1 Cup Breadcrumbs
1 Cup Suet
½ lb. Raisins
1 lb. Plain Flour
½ lb. Currants
1 Grated Apple
1 Teasp. Cinnamon or Mixed Spice
1 Teasp. Bicarb. of Soda
(if using S.R. Flour omit Bicarb. of Soda)
Milk to mix

Mix flour, sugar, breadcrumbs and suet and stir in spices and bicarb. of soda, add grated apple and fruit. Mix thoroughly, add milk to make a fairly stiff mixture. Scald pudding cloth with boiling water, dust with flour and turn the mixture into it. Tie securely, leaving room for the dumpling to swell. Boil steadily for 3-4 hours (with a plate in the base of the pot). Remove cloth gently and dry off dumpling in front of fire or under a low grill. Sprinkle with sugar and serve. If a darker coloured dumpling is wanted simply add 1 Tblsp. black treacle.

Mrs. Jeanette Stewart.

HOT SWISS TRIFLE

1 Swiss Roll
1 Med. Sized Tin Apricots (drained)
2 Tblsp. Custard Powder
2 Eggs (separated)
1 Tblsp. Sugar
1 Pint Milk
4 oz. Caster Sugar
1 oz. Blanched Almonds

Slice the swiss roll and arrange with the apricots in a 1½ pint fire-proof dish. Blend the custard powder, egg yolks and sugar together with a little of the milk. Heat the rest of the milk and when nearly boiling, stir on to the mixed custard. Return to the pan and bring to the boil, stirring continuously and when thick, pour over the apricots. Whisk the egg whites until stiff and fold in caster sugar. Pile meringue on top of the custard and stud with blanched almonds. Bake at 350F (180C) or Mark 4 for about 20 mins.

Mrs. Kathleen Pirie.

CHRISTMAS CRUMBLE

4 oz. Plain Flour
2 oz. Butter or Marg
2 oz. Ground Almonds
2 oz. Castor Sugar
8 Tblsp. Mincemeat
1 Large Tin Sliced Peaches (drained)
Glace Cherries

Sift flour into bowl and rub in butter or marg, till mixture resembles breadcrumbs. Add almonds and sugar. Put mincemeat into bottom of oven-proof dish, cover with peaches (reserve some for decoration) then top with crumble mixture. Bake in mod. oven (400F. Gas Mark 5) for 25-30 mins. Decorate top with peach slices and cherries, and serve hot with cream and custard.

Mrs. Whyte.

MAGIC LEMON PUDDING

1 Large Lemon (grated rind and juice)
2 oz. Butter or Marg.
4 oz. Castor Sugar
2 Eggs (separated)
2 oz. S.R. Flour
½ Pint Milk

Preheat oven Mark 4, 350F, 180C. Add the lemon rind to the butter and sugar, cream together until soft. Add the beaten egg yolks and a little flour. Stir in the milk, strained lemon juice and remaining sifted flour alternately. Whisk egg whites until stiff and fold in evenly. Pour into a greased 1½ pt. pie dish and bake for 40 mins.
This pudding cooks to give a light sponge top with a tangy lemon sauce underneath. Serve topped with sweetened whipped cream and a little grated lemon rind.

Mrs. E. Dunn.

CLOOTIE DUMPLING

Mix together in a large bowl:

12 oz. S.R. Flour
6 oz. Shred. Suet
6 oz. Soft Brown Sugar
12 oz. Cleaned and Mixed Dried Fruit
1 Grated Apple
1 Teasp. Mixed Spice
1 Teasp. Cinnamon
1 Teasp. Crystalized Ginger
1¼ Teasp. Ground Cloves
1 Teasp. Salt
½ Teasp. Baking Soda
½ Teasp. Cream of Tartar

Soften 3 Tblsp. treacle over a very low heat and beat up one egg, mixing the two together before adding them to dry ingredients. To this mixture is now added enough milk stout, beer or cold tea, to give a soft dough. A cloth large enough to hold the mixture should then be scalded, squeezed out and sprinkled with flour. The mixture should then be placed in the middle of the cloth and tied, leaving enough room for the dumpling to swell. Put on an enamel plate into a very large covered pan full of boiling water. Boil steadily for 3 hours. Top with boiling water whilst cooking. Lift from water and rest for 2 mins, untie and turn on to warm plate, then pop into mod. oven for 2 mins to glaze.

Mrs. E. Brown.

PINEAPPLE PUDDING

1 Tin Pineapple
2 Eggs
3 Tblsp. Caster Sugar
2 Tblsp. Plain Flour
2 oz. Margarine
1 Pint Milk

Make white sauce with marg, flour and milk. Separate juice and fruit. Cut fruit into pieces and place in pie dish. Put egg yolks and sugar into juice. Beat up and add to white sauce then pour over fruit. Cover with meringue, using egg whites. Bake in slow oven until meringue is baked.

Mrs. Anne Whytock.

BANANA AND CHERRY CRUMBLE

4 oz. Self-Raising Flour
2 oz. Margarine
2 Small Ripe Bananas
1 Tin Cherry Pie Filling

Rub margarine into flour and add sugar to form crumble mixture. Place cherry pie filling, and sliced bananas in ovenproof dish - mix well. Cover with crumble mixture. Bake in oven (Mark 4) until golden brown.

Mrs. Sue Richards.

BEIGNET SOUFFLES

Choux Pastry: ½ pt. Water
3 oz. Marg.
5 oz. Flour
4 Egg Yolks

Boil marg and water together, add flour and cook well. Leave to cool slightly and beat in eggs one by one. Drop tblsps. of mixture into boiling oil for 7 mins, turning occasionally. Drain and toss in castor sugar. Make small hole for filling. Fill with cream and pour over sauce.

Creme Chantilly: ½ pt. whipped cream and 1 tblsp. Brandy.

Apricot Sauce: Liquidize tin of Apricots.

Mrs. B.E. Robertson.

MANDARIN MERINGUE SPONGE

½ Packet Lyons Trifle Sponges
1 Small Can Mandarin Oranges
1 Egg
2½ ozs Castor Sugar
½ Pint Milk

Turn on oven - Reg. 2 or 300°F. Line shallow ovenproof dish with trifle sponges. Arrange mandarins on top of sponge, pouring over enough juice to moisten sponge. Separate egg, put yolk into bowl with 1 oz. sugar. Heat Milk, pour over yolk beating all the time. Return to saucepan and heat until egg custard thickens. (Do not allow to boil). When thick pour over fruit. Whisk egg white until stiff, add half sugar, whisk until it peaks then fold in rest of sugar. Spread over pudding. Bake in oven until meringue becomes hard and crisp.

Mrs. H. Dunn.

RHUBARB AND BANANA CRUMBLE

Crumble: 4 oz. Pl. Flour
2 oz. Marg.
2 oz. Sugar

Filling: 1 lb. Rhubarb
2 small Bananas
4 oz. Soft Brown Sugar (light)

Make up crumble. Prepare rhubarb and slice bananas thickly. Put together in dish and sprinkle with brown sugar. 45 mins. at 375°.

Mrs. F. Kidd.

APPLE CHEESE CAKE

1 Large Cooking Apple
6 ozs. Short Crust Pastry
4 ozs. Castor Sugar
2 ozs. Marg. or Butter
1 Egg
1 Lemon

Line 8 inch flan tin with pastry. Cream marg and sugar together. Add beaten egg. Peel apple, grate and add to egg mixture with grated rind and juice of lemon. Pour into flan case. Bake in a hot oven 400F for 20-25 mins., then reduce heat to 325°F for further 25 minutes. Serve hot or cold. Also freezes well.

Barbara Lark.

APPLE BALLS

6 Medium sized Apples
6 Teasps. Brown Sugar
6 Cloves
Beaten White of Egg
Caster Sugar
8 oz. Short Crust Pastry

Prepare the pastry, wipe, core, and peel the apples, roll out pastry to $\frac{1}{4}$" thickness. Cut into rounds large enough to surround the apple, place an apple in the centre of each round of pastry, and fill up centre of apple with sugar and one clove. Wet edges of pastry and fold up neatly round the apple. Join at top. Roll the ball between the hands. Place on greased baking tray with the rough side down. Brush over with milk or water, dredge with find sugar, and bake in hot oven till the pastry is a light brown; then reduce the heat and cook more slowly till the apples are soft. Serve on a hot dish and dredge with fine sugar. Regulo 6 - other cookers 400°F. Middle of oven.

Morag Forsyth.

APPLE PIN WHEELS

Syrup: 3 ozs. Soft Brown Sugar
4 tblsps. Water

Pastry: 4 ozs. Flour
1 oz. Marg.
1 oz. Caster Sugar
½ Level teasp. Baking Powder
Pinch Salt
2 teasps. Milk

Filling: 2 Med. sized Cooking Apples
1½ oz. Granulated Sugar
½ level teasp. Ground Cinnamon
1 teasp. Lemon Juice

1 pint Oven-ware Dish
Oven 180°C 350°F Gas 4
Time 30 mins.

Syrup: Dissolve sugar in water, bring to boil, simmer for 2 to 3 mins. Pour into greased dish.
Pastry: Rub marg into flour, add sugar, baking powder and salt. Mix to a stiff dough with milk, knead lightly and roll into rectangle 6" x 10". Chop apples finely. Spread pastry with apples, sugar, cinnamon and lemon juice. Roll in swiss roll fashion and cut into 4 equal rounds. Place pin wheels flat side uppermost in prepared dish. Baste with syrup and bake for approx. 30 mins. until cooked. Serve hot with custard or cream.

Christine Forsyth.

CANADIAN FRUIT PIE

2 oz. Margarine
1 Cup Sultanas or Mixed Fruit
1 Cup Sugar
2 Eggs
Few Drops Vanilla Essence
Shortcrust Pastry

Melt marg. in pan over a low heat. Cook fruit slightly. Add sugar and vanilla essence. Allow to cool for a few minutes and then add 2 beaten eggs. Mix well and pour into short-crust pastry case. Bake in moderate oven for 30 minutes. Serve with cream.

M. Drummond.

SULTANA SPONGE TART - 8" Flan Ring

PASTRY : 5 oz. Plain Flour
1 oz. Margarine
Pinch of Salt
1½ oz. Lard

Sieve the flour and salt into mixing bowl, add the fats cut into small pieces and using the fingertips only, rub them until they are evenly distributed and the mixture resembles fine breadcrumbs. Stir in enough water to make a fairly stiff dough, then roll it out to a circle larger than the flan ring. Put the flan ring onto a baking tray, lift the dough into the centre and press it into the base and sides. Run a rolling pin over the top of the ring to remove the excess pastry and reserve the scraps.

FILLING: 1 oz. Butter
4 oz. Sultanas
1 oz. Soft Light Brown Sugar
1 Level Teasp. Plain Flour
Pinch Ground Cinnamon
2 Level Teasp. Syrup

Put all the ingredients into a saucepan and over a low heat, bring the mixture to the boil, stirring all the time. Leave the filling on one side to cool.

SPONGE TOPPING:

1 Large Egg
2 oz. Soft Margarine
2 oz. Caster Sugar
2 oz. S.R. Flour

Put the egg, marg, sugar and flour into a mixing bowl using a wooden spoon, beat them together until the ingredients have combined, then beat the mixture for 1 min. to incorporate some air. Spread the cool filling over the flan case, then cover this with the sponge mixture. Roll out pastry scraps and cut out six strips, then arrange them in a lattice on top of the tart. Bake tart on the centre shelf of a moderately hot oven Mark 5 or 375F for about 40 mins. or until the pastry is golden brown and sponge well risen. Can be served with custard.

Irene Rodger.

FLUFFY LEMON SOUFFLE

Approx. Prep. Time 20 mins. (plus standing time)

½ oz. Gelatine
2 Med. Size Lemons
4 Large Eggs
4 oz. Caster Sugar
¼ Pint Double Cream
⅛ Pint Single Cream
2 Tblsp. Top of Milk
Extra Double Cream and some chocolate vermicelli for decoration

Wrap a band of greaseproof paper round the outside of a 5½" souffle dish. The band of greaseproof must be deep enough to extend 4" above rim of dish. Secure with thin string. Lightly oil the inside of paper with tasteless oil. Put the gelatine and 4 Tblsp. cold water in an old cup. Stand the cup in a bowl of very hot water and leave there until the gelatine has dissolved. Grate rind of lemon. Squeeze out and strain the juice from both lemons. Separate eggs, whisk egg yolks with sugar until very thick. Whisk double cream with single cream. Whisk egg whites until very stiff. Fold the lemon juice, lemon rind and top of milk into whisked egg mixture. Stir in dissolved gelatine, then the cream and egg whites. Put the mixture in the prepared souffle dish. Lightly smooth the top with a palette knife and leave to set. Carefully remove paper, decorate top of souffle with extra cream and vermicelli.

Sheila Robertson.

DANISH CREAM CAKE (BISCOTTEN TORTE)

4 oz. Margarine
4 oz. Castor Sugar
2 Eggs
4 oz. Ground Almonds
½ Pint Whipping Cream
Few drops almond essence
½ Pint milk
1½ Tblsp. Rum
12 oz. Nice biscuits (24)
Sliced Almonds

Cream margarine and sugar together until light and fluffy. Separate eggs and beat yolks into mix. Add ground almonds, almond essence and half the milk. Beat egg whites until stiff, then fold into the almond mix. Mix rum and most of the remaining milk. Arrange 6 biscuits in two rows on a sheet of greaseproof paper. Brush generously with milk/rum mix. Spread with ⅓ almond mix. Continue with biscuits (brushing each layer with milk/rum) and filling, ending with biscuits on top. Wrap securely in foil and put in fridge overnight. Cover with cream and almonds.

Rose-Marie Whiteford

FRUIT SOUFFLE

1 Jelly
1 med. tin fruit cocktail
1 family size block vanilla ice cream

Drain juice from fruit and make up to ½ pint with water. Dissolve jelly in the juice mixture. Leave to cool but not set in mixture bowl. Empty fruit cocktail into cold jelly and beat until most of the fruit has broken up. Add block of ice cream and beat again until fairly smooth. Pour into bowl and leave to set.

Una McLaren

LEMON CHEESECAKE

9 Digestive Biscuits
2 ozs. Marg
½ Lemon Jelly
¼ Pint Water
Juice and Rind of 1 Lemon
½ Small Tin Carnation Milk
½ Cup Sugar
4 ozs. Cream Cheese

Crush biscuits melt marg, add biscuits crumbs, mix well and press firmly into a well buttered 8" flan ring. Make up jelly with water and allow to cool. Whisk milk until thick and creamy. Add cheese and sugar and whisk again. Add lemon juice and rind to cold jelly, then add lemon mix to the milk cheese mixture and whisk. Pour on biscuit base and allow to set. Decorate with whipped cream.

Mrs B E Robertson

GRAPE TRIFLE

Approx, Prep, Time 25 mins. Cooking time 5 mins

1 Pint sachet custard powder
1 Pint milk
1½ oz. castor sugar
15 oz. can pear halves
2 tblsp. Brandy
4 ozs. Green Grapes
6 ozs. Black Grapes
3 Tblsp. Canned Sweetened Orange Juice

Make up the custard as directed on the packet. Let it cool a little. Drain the pears, chop up and mix with the brandy. Put them in a flat serving dish. Put the green grapes on top of the pears. Divide the black **grapes** into small bunches Keep most of them for top of trifle, put rest in the dish. Pour orange juice into dish, top with the custard. Cover with cling-film and leave to cool. Decorate with black grapes.

Sheila Robertson

SEMOLINA FOAM

1 Jelly
3 Cups Water
2 Tblsp. Sugar
2 Tblsp. Semolina

Put jelly in pan with water until melted, addsugar and semolina and stir till boiling point. Put in dish till cool and switch for ½ hour. Put is dessert dish and set.

Mrs. Mary Findlay.

AVOCADO FLAN

Base: 4 oz. Digestives
1½ oz. Melted Butter

Filling: 1 Lime Jelly
1 Large Ripe Avocado
4 Tblsp. Cream

Cream and Angelica for decoration

Make biscuit base and place in 7" flan ring, preferably fluted. Leave to set. Dissolve jelly in ¾ pint hot water. Stone and peel avocado and mash or push through fine sieve. Add to cool jelly, pour on cream and whisk well. Pour into flan ring. Leave to set. Remove ring and decorate with cream stars and angelica leaves.

Mrs. Mavis Ogilvie.

RHUBARB WHIP

1 lb. Rhubarb
4 oz. Sugar
½ Pint Water
1 Raspberry Jelly
7 oz. Can Evaporated Milk

Slowly cook rhubarb in water and sugar until very soft. Melt jelly cubes into hot rhubarb. Leave to cool. Whip evaporated milk until very stiff. Fold into rhubarb mixture and divide into individual glasses. Leave to set.

Mrs. F. Kidd.

HONEYCOMB SHAPE

½ Pint New Milk
4 Teacup Sugar
3 Eggs
Vanilla Essence
1½ Tblsp. Powdered Gelatine
Wetted Mould

Put milk, sugar and yolks of eggs in a medium sized pan and add gelatine, stir until melted and beat well with a whisk, then bring to the boil which will separate the mixture. Add vanilla essence, set aside until almost cold, then beat the whites of eggs till stiff, add to the mixture and beat well. Pour into the wetted mould and put in fridge to set. When ready turn out on flat plate. Serve with fruit.

Miss Susan Shaw.

ICE CREAM

4 Eggs Separated
4 oz. Caster Sugar
½ Pint Whipping Cream

Whisk egg whites and sugar. Add egg yolks and mix with spoon. Whip cream then add to eggs. Freeze for at leat 6 hours.

Mrs. K. Dawson.

CITRUS CHIFFON PIE

1 Packet Unflavoured Gelatine
5 oz. Sugar
4 Egg Yolks
6 oz. Orange Juice
3 oz. Lemon Juice
½ Teasp. Grated Orange Peel
½ Teasp. Grated Lemon Peel
4 Egg Whites
4 oz. Sugar
1 - 9" Baked Pastry Shell

In saucepan thoroughly mix gelatine, 5 oz. Sugar and dash salt. Beat together egg yolks, juices and ¼ cup water, stir into gelatine. Cook and stir over med. heat just till mixture comes to boiling and gelatine is completely dissolved. Remove from heat, stir in orange and lemon peel. Chill stirring occasionally till mixture is partially set. Beat egg whites till soft peaks form. Gradually add th 4 oz. sugar, beating till stiff peaks form, fold in gelatine mixture.. Pile into cooled baked pastry shell. Chill till firm. Garnish with whipped cream and a sprinkle of shredded orange peel if desired.

Margaret E. Murdoch.

CHOCOLATE MOUSSE

4 oz. Plain Chocolate
½ oz. Butter
4 Eggs

Break the chocolate into a bowl set over a saucepan ½ filled with hot water. Stir occasionally until chocolate has melted. Stir in butter and blend well. Separate eggs adding yolks to chocolate mixture and putting the whites together in a bowl. Stir to blend the egg yolks and chocolate and remove bowl from heat. Whisk egg whites until stiff and using a metal spoon, fold gently but firmly into chocolate mixture. Pour the mousse into serving dish or individual dishes and chill for several hours. Serves 4. Very light mousse and may be made for as many people as required as long as you allow 1 egg and 1 oz. chocolate per person.

S. Colville.

POT'S -AU- CHOCOLAT

3 oz. Plain Chocolate
1 oz. Butter
Yolks and Whites of 3 Eggs
1 Tblsp. Warm Water
¼ Pint Double Cream

Break up chocolate and put into basin standing over saucepan of hot water. Add butter and leave until both have melted, stirring once or twice. Beat in egg yolks. When mixture is smooth remove from heat and stir in warm water. Beat egg whites to stiff snow and gently fold into chocolate mixture. Transfer to 4 individual dishes or sundae glasses and chill. Just before serving decorate with the cream whipped until lightly stiff.

POT'S - AU - CHOCOLATE WITH COFFEE

Follow above method for Pot's-au-Chocolat, but add 2 level teasp. instant coffee powder with the butter.

POT'S - AU - CHOCOLAT WITH SHERRY, BRANDY OR RUM

Follow receipe and method for Pot's-au-Chocolat but omit water. Use instead 1 Tblsp. of lukewarm Sherry, Brandy or Rum.

Mrs. Sheena Lamond.

TURINOIS (Rich Chocolate and Chestnut Pudding - Serving 8)

Cream together 6 oz. Softened Butter and 4 oz. Caster Sugar. Thoroughly beat in 1 lb. Canned unsweetened Chestnut Puree, two tblsp. Brandy, plus 1 tblsp. Cold Water and ½ lb. melted but cool Plain Dessert Chocolate. Pack the mixture into a 1 lb. loaf tin which has been lightly oiled, lined with greaseproof paper and coiled again. Cover and refrigerate for atleat 8 hours before serving. Decorate with curls of chocolate after unmoulding and serve with plenty of softly whipped cream flavoured with a little brandy.

Anne Gibson.

GRAPE DELIGHT

½ lb. Black Grapes
½ lb. Green Grapes
} halved and pipped

¾ Pt. Apricot Yoghurt
3 Egg Whites

Turn the yoghurt into a bowl. Whisk the egg whites until stiff and fold into the yoghurt. Layer the yoghurt and grapes into glasses. Decorate with a few grapes on top.

Mrs. Sheena Lamond

CHERRY CREAM PIE

Pastry - 8 ozs. Plain Flour
5 ozs. Marg
2 ozs. Castor Sugar

Filling - 2 ozs. Icing Sugar
3 ozs. Pkt. Philadelphia Cheese
1 Pkt. Dream Topping
¼ Pt. Milk
1 tin Cherry Pie Filling

Pastry - Mix and kneed as for shortbread and use to line 2 sandwich tins. Bake 20 - 25 minutes at 350F.
Filling - Cream icing sugar and cheese. Add to dream topping whipped with milk. Put into cooled pastry cases. Set in fridge then spread pie filling on top.
(Also good with crushed pineapple or other pie filling).

Mrs. F. Kidd

LEMON FREEZE

2 ozs. cornflakes (crumbled))
2 level tblsp caster sugar) base
1 oz. butter (melted))

2 eggs separated
A small can nestles milk
4 tblsp. lemon juice
3 level tblsp. caster sugar

In a bowl blend cornflakes, sugar and butter. Press all but 4 tblsps. into the base of a shallow dish. (A flan tin or sandwich tin). Beat the egg yolks in a deep bowl - combine in nestles milk. Add lemon juice and stir well until thickened. Beat egg white till very stiff. Fold in sugar and then fold this through yolks and lemon mix. Spoon over base. Sprinkle with the remaining flakes.
Freeze rapidly in deep freeze. Serve at just below defrost point.

Mrs. Bette Strachan

BUTTERSCOTCH CRUNCH

Base - ½ oz. Marg
1 oz. Chopped Cooking Choc.
½ oz. Castor Sugar
1 level tblsp. Syrup
4 tblsp. Cornflakes

Filling - ½ oz. Marg.
½ oz. Soft Brown Sugar (Light)
1 level dessp. Syrup
½ oz. Cornflour
½ gill Milk
½ gill Evaporated Milk

Slowly melt marg, syrup and choc. Remove from heat, add sugar and cornflakes, mix thoroughly. Using the back of a metal spoon, shape the mixture evenly into tin. Allow to cool. Melt marg, sugar, syrup in pan and boil until changing to golden brown and smelling of butterscotch. Blend cornflour with a little milk add remaining milk and bring to boiling point. Pour over base and leave to set. Serve with fresh whipped cream.

Miss Johann Forsyth

HONEY BANANA CREAMS

3 large ripe Bananas
1 large Lemon
2-3 tblsp. Honey
½ Pt. Milk
½ oz. Powdered Gelatine
¼ Pt. Water
2-3 Tblsp. Cream
Topping - Ice Cream or Cream

Mash bananas with lemon juice. Heat honey in the milk. Stir into mashed bananas. Soften gelatine in 3 tblsp. of the cold water. Simmer the lemon rind in the remainder of the water for about 5 mins. then blend the liquid with the softened gelatine. When quite clear add to the banana mixture. Allow to cool and stiffen very slightly then fold in the lightly whipped cream. Spoon into glasses and top with ice cream or cream

Mrs. Anne Gibson

LEMON AND CHOCOLATE FLAN

1 Cooked 6-7" flan case
½ Pt. Water
2-3 ozs. Sugar
Juice and rind of 1 Lemon
1 oz. Cornflour
2 egg yolks
1 oz. Grated Chocolate

Place water in pan, add sugar and slices of peel from lemon, bring to boil slowly and strain. Blend the cornflour with the lemon juice add to the water sugar mixture, bring to the boil and cook for 2-3 mins. to thicken. Beat the egg yolks and add to the cornflour mixture. Pour the filling into the flan case and bake in moderate oven 350F, Gas mark 4) for 20 mins. Leave to cool andsprinkle with grated chocolate.

Mrs. J. Brown

LEMON CREAM PUDDING

½ Pkt. Lemon Jelly
5 oz. Carton natural Yoghurt
2 tblsp. Lemon Juice
½ Pt. Milk

To serve - 4 oz. Double Cream and sliced banana.

Dissolve jelly in 4 tblsp. water in pan. Heat gently stirring till dissolved. Leave to cool. Whisk in yoghurt, juice and milk till frothy. Pour into a dish or separate glasses and chill. Decorate with cream and sliced banana.

Mrs. Frances Hogg.

PAVLOVA

4 egg whites
8 ozs. Caster Sugar
1 dessp. Cornflour
1 teasp. Vinegar
½ teasp. Vanilla essence
¾ Pt. cream (whipped)
Fruit to decorate e.g. rasps, pineapple

Beat egg whites until stiff, gradually adding sugar whilst beating. Fold in cornflour, vinegar and vanilla essence. Cover oven tray with aluminium foil and grease. Pile mixture onto the tray, slightly flatten into a round or oval shape. Bake in a cool oven (250F) for 1½ hours, switch off oven and leave pavlova in oven to cool. Turn upside down carefully onto serving plate. Cover with whipped cream and fruit of any kind.

Mrs. Mary McLaren

AMERICAN CREAM PIE

7 oz. Sugar
1½ oz. Plain Flour or Corn Starch
18 fl. oz. Milk
3 Slightly Beaten Egg Yolks
1 oz. Butter or Margarine
1 Teasp. Vanilla
3 oz. Flaked or shredded Coconut
1 Baked 9" Pastry Shell
Cooled Meringue
⅓ Cup Flaked or shredded Coconut

Combine sugar, flour and ¼ teasp. salt. Gradually stir in milk, mixing well. Cook and stir over medium heat till thickened and bubbly. Cook 2 mins. more. Remove from heat. Stir small amount hot mixture into egg yolks, immediately return to hot mixture. Cook and stir for 2 mins. Remove from heat. Add butter, vanilla and 1 cup coconut. Pour the mixture into the 9" Cooled pastry shell. Spread meringue atop hot filling, sealing to edge of pastry. Sprinkle meringue with the ⅓ cup coconut. Bake at 350 till golden brown about 12 to 15 mins. Cool.

Meringue: Beat 3 egg whites with ½ teasp. vanilla and ¼ teasp. cream of tartar till soft peaks form. Gradually add 6 tblsp. sugar, beating till stiff peaks form and all sugar is dissolved.

Margaret B. Murdoch.

PINEAPPLE FOAM

1 tin Evaporated Milk
11 oz. Tin Crushed Pineapple
1 Lemon Jelly
½ Cup Sugar
2 Tblsp. Cold Water
2 Tblsp. Lemon Juice

Bring to boil pineapple, lemon jelly, sugar, water and lemon juice. Remove from heat and stir well. Leave to cool and partly set. Whip the chilled evaporated milk until thick. Blend in pineapple mixture. Pour into 8" ring tin which has been rinsed in cold water. Leave to set. When ready to serve turn out and fill the centre with small balls of ice cream.

Mrs. Muirhead.

HAZELNUT MERINGUE GATEAU

Oven Temp. - 350F/180C/Gas Mark 4. Cooking Time 40 mins.

4 Large Egg Whites
8 oz. Caster Sugar
Few Drops Vanilla Essence
Few Drops Vinegar
1 oz. Icing Sugar
3 oz. Finely Chopped or Ground Hazelnuts
½ Pint Whipping Cream

Oil two 7 or 8" sandwich tins - line bottoms with a ring of non-stick paper. Whisk egg whites until stiff, add caster sugar one tblsp. at a time, beating well until stiff and shiny, add vanilla essence and vinegar, whisk in icing sugar and lastly fold in the nuts. Divide the mixture between two tins and cook for time given, the outside should be crisp and the inside soft. Turn out on a wire tray and cool. Fill with cream, and fruit if desired.

Mrs. I.E. Pennycook

RHUBARB FOOL (Serves 4)

1 lb. Fresh Rhubarb (trimmed and cut into pieces)
2 Tblsp. Water
4 oz. Caster Sugar
10 fl. oz. Double Cream

Put the rhubarb into a pan with the water and sugar. Put over a low heat until the sugar has dissolved, then simmer gently for 10 mins. or until the rhubarb is very soft. Puree in a liquidiser or push through a sieve and cool. Whip the cream until soft and thick. Fold in the puree. Spoon into glasses and chill.

Donna Hindmarch.

RASPBERRY PARFAIT

1 lb. Frozen Rasps. (preferably without sugar) or fresh if available
2 Egg Whites
4 ozs. Castor Sugar
½ Pt. Double Cream

Rub the raspberries through a nylon strainer, put resulting puree in fridge ice trays and leave in freezing compartment overnight. If you have a home freezer, the puree can be put in a polythene container. About 1 hour before serving, whisk the egg whites until stiff with an electric or rotary beater, then add the sugar, 1 tblsp. at a time, and continue beating, until the mixture stands in peaks. Whisk the cream lightly until a little lifted on the whisk and allowed to fall leaves a trail. Remove the ice trays from the fridge and work the raspberry puree with a wooden spoon to break down the crystals, or if puree is in a deep container beat with a whisk. Fold the cream and egg whites together and then quickly but carefully fold in the semi-frozen raspberry puree. Pile into tall glasses or a crystal bowl and keep in the coolest part of the fridge until wanted. This Parfait is best put together just before needed. Whisk cream and leave in fridge and chill glasses or bowl ready.

Mrs. Sylvia Brewer

PINEAPPLE FRIDGE CAKE

1 Pkt. Nice Biscuits (finely crushed)
4 ozs. Double Cream
2½ oz. Margarine
2 ozs. Icing Sugar
1 Egg
1 tin crushed Pineapple (drained)

1 cake tin with removable base.
Butter cake tin - spread half crushed biscuits on the base - cream marg and sugar, then add beaten egg. Beat cream until thick and fold into mixture. Spread mixture over biscuit base, lay fruit on top and cover with remaining biscuits. Press cake into tin and leave in fridge overnight.

Mrs. I.E. Pennycook

STRAWBERRY FLUFF FLAN

4 ozs. Plain Flour
Pinch Salt
2 ozs. hard Butter
6 ozs. Raspberries
8 ozs. Strawberries - choose fairly firm ones
3 ozs. Castor Sugar
1 Large Egg White
Single cream, for serving

Turn on oven; set at moderately hot, 400F. Lightly grease 8" tin or flan dish. Sift the flour and salt into a mixing bowl. Rub in the butter until mixture resembles fine breadcrumbs. Mix in 4 teasp. cold water to make a stiff pastry dough. Roll out the dough and use to line the flan tin or dish. Prick all over with a fork and bake empty, in centre of preheated oven for 15 mins. Take flan out of oven and leave the oven on. Put the raspberries and 6 ozs. strawberries in flan. Sprinkle 1 oz. sugar on top of fruit. Whisk egg white with remaining 2 ozs. castor sugar until very stiff, then pile on top of the fruit. Bake in upper part of oven for 15 mins. or until set. Leave to cool. Decorate with remaining strawberries; serve within 4 hours, with cream served separately in a pretty jug.

Mrs Sheila Robertson

SWEDISH APPLE CHARLOTTE

2 x lg. Cooking Apples
1 Small Tin Carnation Milk
1 Tblsp. Castor Sugar
1 oz. Marg
1 oz. Cornflakes
1 Heaped Teasp. Gelatine
3 oz. Soft Brown Sugar

Stew apples in a little sugar. Whisk milk until twice its bulk. Dissolve gelatine in a little hot water, add this slowly to milk, whisking until milk thickens. Fold castor sugar in carefully. Make caramel by boiling marg and brown sugar (add a few drops of milk if necessary) stir in cornflakes until caramel is absorbed, then sprinkle on top when cold.

Mrs. Margaret Butchart

RASPBERRY SWEET

1 lb. Frozen Raspberries
4 oz. Castor Sugar
2 Egg Whites
½ Pint Cream

Strain raspberries through a strainer, whisk egg whites until stiff, then slowly add sugar, keep beating till firm. Beat cream and add to egg whites, then fold in raspberry puree and mix well. Pile into individual glasses and keep in fridge.
(Prepare this as late as possible).

Mrs. Mary Findlay.

CHOCOLATE KRACKLE FLAN

Base: 9-10 Tblsp. Cornflakes
25g. Marg
1½ Level Tblsp. Syrup
1 Level Tblsp. Cocoa
50g Sugar
Decoration: Lemon Juice and ½ Red Apple

Filling: 1 Small Tin Cream
½ Pear
¼ Eating Apple
½ Cooking Apple
1 Teasp. Sultanas

Grease flan tin, sandwich or cake tin with marg. Melt marg, syrup, cocoa and sugar. Stir in cornflakes till well coated. Press into ring or tin. Leave to set. Chop fruit and add to mixed cream. Place in flan tin and decorate with apple and lemon juice. Chill.

Miss Irene Forsyth.

BANANA CREAM

4 Tblsp. Cold Water
1 Level Dessp. Gelatine
3 Large Bananas
3 oz. Castor Sugar
Juice of Lemon
Small Tin Carnation Milk

Measure water into small pan, sprinkle in gelatine, set aside 5 mins. Place over low heat until dissolved, do not boil. Draw pan off heat. Mash bananas with sugar and lemon juice. Whisk carnation milk until stiff, slowly beat in gelatine mixture, fold in bananas. Pour into serving dish, chill till ready to serve.

E. Ford.

NORWEGIAN CREAM

3 Eggs
3 ozs. Castor Sugar
½ oz. sachet gelatine
1 dash of lemon juice
1 tin crushed pineapple

Strain pineapple, line glass dish with fruit. Separate eggs. Beat yolks with sugar. Heat juice from tin with dash of lemon. Melt gelatine add to pan but do not boil - cool. Then add beaten egg yolk. Beat egg whites until stiff fold into mixture. When cool, cover with cream and decorate.

Mrs Netta Anton

PINEAPPLE CRUMB CAKE DESSERT

2 ozs. Butter
and ½ oz. Butter
2 eggs yolks
6 ozs. Icing Sugar
½ pt. Double Cream
Small tin crushed Pineapple (not juice)
2 ozs. chopped walnuts and a few half ones
½ lb. Digestive biscuits

Cream 2 ozs. butter and icing sugar until fluffy. Then beat in the egg yolks. Whip the cream and fold the drained pineapple and the chopped walnuts in. Crumble the digestive biscuits in a bag. Line a small 1 lb. loaf tin with the ½ oz. butter melted (use pastry brush for this). Cover the bottom of the tin with a ⅓ crumbs. Then pour in the cream mixture and top with the other ⅔ crumbs. Chill in refrigerator for at least 12 hours. Turn out onto a dish before serving and decorate with the walnut halves and extra cream if you feel extravagant. A loose bottom tin is best, if not line with foil.

Mrs Bette Strachan

RASPBERRY SOUFFLE (serves 6)

3 large eggs (separated)
3 ozs. Castor Sugar
½ oz. powdered gelatine
Juice of ½ lemon made up to fl. oz. (6 tblsp) with water
½ pt. sieved raspberries
¼ pt. double cream
1 oz. chopped browned almonds
A few extra rasps for decoration

Encircle a 1¾ pint souffle dish with a doubled sheet of foil that stands about 2" above the rim of the dish. Fasten it with tape. Put the egg yolks and sugar into a bowl, suspend the bowl over a pan of hot water and whisk the mixture until it is thick and creamy in consistency. Remove the bowl from the heat. Dissolve the gelatine in the lemon juice and water over a low heat, then beat it into the creamy mixture and continue beating until the mixture cools. Whisk the cream to a soft peak consistency. Reserve a little for decoration then fold the rest into the mixture with the raspberries puree. Stirring occasionally, leave the souffle mixture until it is on the point of setting. Quickly whisk the egg whites until they are stiff, then fold them into the mixture and pour it into the souffle dish. Leave the souffle overnight to set. To serve, remove the foil collar carefully with the help of palette knife. Press the nuts into the souffle mixture standing above the rim of the dish so that they adhere, then decorate with the remaining cream and extra raspberries.

Mrs Christine Kidd

APRICOT CHIFFON FLAN

Approx. Prepartion time 30 mins. (plus stading time). Cooking time: 20 mins.

6 oz. Plain Flour
Pinch of Salt
3 oz. Lard (chilled)
½ oz. Gelatine
1 Medium-size Orange
15 oz. Can Apricot Halves
2 oz. Caster Sugar
2 Standard Eggs
¼ Pint Double Cream
Few drops edible orange food colouring

Turn on oven, set at moderately hot, 400F (200C) Mark 6. Lightly grease an 8" sandwich tin.
Sift the flour and salt into a mixing bowl. Rub in the lard until mixture resembles fine breadcrumbs. Mix in 6 teasp. cold water to make a pastry dough. Roll out the dough and use to line the sandwich tin. Prick dough all over with a fork. Bake, empty, in centre of preheated oven for 20 mins. or until cooked through, leave to cool. Put the gelatine in an old cup with 4 tblsp. cold water. Stand the cup in a bowl of very hot water until the gelatine has dissolved. Cut off fine shreds of orange peel, then squeeze out and strain the orange juice. Put the apricots and syrup from can in a blender to make a puree or use a sieve. Put the caster sugar in a bowl. Separate the eggs, put the yolks with the sugar and beat until thick and mousse-like. Beat in the dissolved gelatine, apricot puree and orange juice. Whisk up the egg whites until stiff, then fold into mixture. Mix in the cream and colour a gentle orange with food colouring! Spoon into the pastry case and leave to set. Decorate with shreds of orange rind.

Sheila Robertson.

GINGER AND CREAM SWEET

1 x 8 oz. Pkt. Ginger Nuts
1 Tin or Bottle Cream (small)
½ Cup Sherry
1 Tblsp. Caster Sugar

Beat cream and sugar until firm. Dip biscuits in sherry. Sandwich biscuits and cream until used up. Cover all over with remainder of cream. Chill in fridge for 1 hour.

Nan McIntosh.

STRAWBERRY FOOL

½ lb. Strawberries (hulled)
¼ Pint Fresh Cream - Double
2 Tblsp. Sugar
Squeeze Lemon Juice

Put strawberries into pan with sugar and lemon juice. Heat but do not boil. Cool. Whip cream till stiff. Blend strawberries. Fold into cream and mix. Put into serving glasses and chill. Sprinkle with chocolate gratings before serving.

Miss K. Dixon.

ORANGE DESERT

1 Tin Mandarin Oranges
1 Small Family Block Ice Cream
1 Orange Jelly

Melt jelly, add oranges (keep back some for decorating). Add ice cream, while stiff hot mix, pour into dish. It will separate. When cold decorate top with oranges. Make up juice with water to pint. If you have ice cream in deep freeze put in equivalent.

Mrs. Chris Linley.

PINEAPPLE AND CHOCOLATE DELIGHT

1 Pineapple Jelly
1 tblsp. Cocoa
3 tblsp. Sugar
½ pt. Milk
½ pt. Hot Water

Whipped Cream
Glace Cherries
Angelica
Small Tin Pineapple

Dissolve jelly in hot water, blend cocoa and sugar with a little of the milk. Heat remaining milk, add to cocoa. Return to pan and boil for one minute. When jelly and cocoa mixtures are cold, whisk together. Do not mix while hot. Pour into mould (I use flan tin). When set turn onto serving dish. Fill centre with whipped cream and decorate with pineapple, cherries and angelica.

Mrs. Hutton.

WINE CAKE

8 oz. Mixed Dried Fruit
3 oz. Sugar
¼ pt. Fruity Wine or Tea (cold)
8 oz. Self-raising Flour
1 Beaten Egg

Leave fruit, sugar and tea in a bowl overnight. Stir now and again to dissolve sugar. Next day add flour and egg. Bake for 1 hour at Gas Mark 3.

Mrs. Nancy Fraser.

DUKE CAKE

Base: 4 oz. Shortcrust Pastry, Jam and Sultanas.

Filling:
4 oz. Marg.
4 oz. Sugar
4 oz. Self-raising Flour
2 Eggs
Pinch Salt
Hot water or milk if needed

Line sandwich tin with shortcrust pastry. Prick lightly, spread with jam and sprinkle with sultanas. Cream marg. and sugar until fluffy and add eggs and flour alternately. If required add hot water or warm milk to give soft consistency. Put over pastry case and bake in moderate oven until golden brown. This can be iced with water icing or sprinkled with icing sugar.

Mrs. Jeanette Stewart.

COFFEE FUDGE CAKE

(for the Cake)
2 oz. Margarine
2 oz. Caster Sugar
1 Egg
2 oz. Self-raising Flour
1 teasp. Coffee Essence

(for the Icing)
3 oz. Icing Sugar
1 oz. Butter
1 tblsp. Water
1 oz. Granulated Sugar
1 teasp. Coffee Essence

Grease and flour 6" sandwich tin. Put 2 oz. margarine and 2 oz. caster sugar into the mixing bowl and cream together with a wooden spoon. Break the egg into a small bowl and beat with a fork to mix yolk with white. Mix the egg a little at a time into the marg. and sugar mixture and beat really hard with the wooden spoon. Add 1 teaspoon coffee essence and beat again. Turn on the oven at Gas No. 4, Electricity 350. Sift 2 oz. flour into the mixing bowl and fold in with the tablespoon. Put the mixture in the sandwich tin and bake in the top half of the oven 20-25 mins. (until the top springs back when pressed). Remove cake from the oven. Leave a few minutes then turn onto wire tray to cool. Sift 3 oz. icing sugar into a small bowl. Turn on the ring. Put 1 oz. butter, 1 tblsp. water and 1 oz. granulated sugar into pan and gently stir until melted. Bring to the boil and pour, still bubbling, over the icing sugar. Add 1 teasp. coffee essence and beat well with the wooden spoon. When cold beat until light and fluffy. Spread roughly on top of the cake.

Mrs. Moira Mackie.

ALMOND CAKE

6 oz. Caster Sugar
4 oz. Margarine
2 Large Eggs
2 drops Almond Essence
2 oz. Ground Almonds
6 oz. Self-raising Flour
3 dessp. Milk
7" or 8" Cake Tin

Grease and line tin and grease lining too. Beat marg. and sugar to soft cream. Beat in eggs one at a time with a little flour. Add essence, then almonds. Sift in flour. Fold in lightly with milk. 325° for 1 hour or until soft and springy to touch. When cool sift icing sugar on top.

Mrs. F. Kidd.

SULTANA ALMOND CAKE

4 oz. Margarine
4 oz. Self-raising Flour
4 oz. Caster Sugar
2 Eggs
1 oz. Sultanas
Few drops of Almond Essence
½ oz. Flaked Almonds
1 level teasp. Icing Sugar
7½" sandwich tin greased and lined with greaseproof paper.

Cream margarine and sugar. Beat in egg yolks. Whisk whites until stiff, then fold into mixture with flour. Add almond essence. Sprinkle sultanas in bottom of tin and spoon in mixture. Sprinkle almonds on top. Bake at 300° for 35 mins.

Mrs. Kathleen Dawson.

PINEAPPLE CAKE

4 oz. Margarine
4 oz. Caster Sugar
2 Large Eggs
6 oz. Self-raising Flour
8½ oz. tin Crushed Pineapple

Brush a 6" square cake tin with melted fat and line the base with a piece of greaseproof paper. Brush the paper lining also. Cream margarine and sugar together until light and fluffy. Beat the eggs, then gradually add to the creamed mixture, beating well between each addition. Sift the flour and drain the pineapple. Stir the pineapple into the creamed mixture, then lightly and quickly fold in the flour. Turn the mixture into the prepared tin and hollow out the centre slightly so that the cake rises evenly. Bake on the centre shelf of a moderate oven, Gas 4 or 350F for 55 minutes to 1 hour or until a warmed skewer inserted comes out clean. Turn the cake onto a wire tray, remove paper and leave to cool.

Barbara Lark.

TOSS-IN CAKE

8 oz. Self-raising Flour
4 oz. Caster Sugar
12 oz. Mixed Fruit
2 Eggs (not beaten)
4 oz. Margarine melted
¼ teasp. Spice
¼ teasp. Nutmeg
¾ teacup Milk
Pinch Salt
1 or 2 drops Vanilla Essence

Beat all together well. Pour into 6" cake tin (deep). Bake at 275° for 2 hours.

Mrs. S.G. Kennedy.

COCONUT AND CHERRY CAKE

12 oz. Self-raising Flour
Pinch of Salt
6 oz. Margarine
8 oz. Glace Cherries quartered
6 oz. Caster Sugar
2 Large Eggs lightly beaten
¼ pt. Milk
2 oz. Desiccated Coconut

Cook 1½ hours, oven 180C 350F, Gas Mark 4. Well grease 8" cake tin and the base should be lined with greased greaseproof paper. Sieve together the flour and salt. Rub in the marg. until the mixture resembles fine breadcrumbs. Toss the cherries in the coconut and add to the mixture with sugar. Mix lightly. Add the eggs to the mixture with most of the milk, beat well, then add sufficient extra milk to give a soft dropping consistency. Turn into the prepared tin, level off and bake in moderate oven for 1½ hours or until well risen and golden brown. Leave in tin for 5 minutes then turn out on a wire tray.

Mrs. Frances Hogg.

APPLE CAKE

4 tblsp. Self-raising Flour
3 tblsp. Semolina
1½ tblsp. Caster Sugar
4 oz. Margarine
1 Egg
Pinch Salt
Cooked Apples

Blend margarine into dry ingredients and make into dough with egg and milk or water. Roll out and line sandwich tin with half of dough. Brush over with beaten egg before putting in the cooked apples (previously steamed). Cover with remainder of dough and brush over with egg. Make small hole in middle and bake in moderate oven.

Mrs. P. O'Brian.

PEACH SPICE CAKE

6 oz. Self-raising Flour
6 oz. Butter or Marg.
6 oz. Caster Sugar
3 Medium Eggs
Large Pinch Salt
2 level teasp. Mixed Spice
1 level teasp. Cinnamon

Decoration: ½ pt. Double Cream, 6 Peach Halves drained of Syrup, 1 oz. walnuts chopped fine.

Sift together dry ingredients. Cream fat and sugar till light and fluffy then add eggs, one at a time, beating thoroughly after each addition. Fold in dry ingredients then divide mixture equally between 2 well greased 8" sandwich tins. Bake just above centre of a moderate oven (375F, Gas Mark 4) for 25-30 minutes. Turn out onto a wire tray and leave till cold. Whip cream. Split each cake in half then sandwich layers together with cream. Spread remainder over top and sides of cake then press walnuts against sides. Arrange peach halves on top and decorate with swirls of cream between peaches and in middle.

Mrs. Dickson.

PINEAPPLE CAKE

15 oz. can Crushed Pineapple
1 lb. Mixed Fruit
2 Eggs
1 cupful Sugar
4 oz. Butter or Margarine
1 cupful Plain Flour
1 cupful Self-raising Flour
1 teasp. Baking Soda
1 teasp. Mixed Spice

Put all ingredients except flour and eggs into pan and boil for 3 minutes. Remove from heat and cool. Sift flour into cold mixture with well beaten eggs. Put into a greased and lined 6-7 inch cake tin. Bake in moderate oven for 2 hours.

Mrs. Margaret Butchart.

CHRISTMAS CAKE (not too rich)

6 oz. Butter
6 oz. Soft Brown Sugar
8 oz. Flour
4 Eggs
1 teasp. Mixed Spice
4 oz. Cherries
3 oz. Mixed Peel
6 oz. Currants
10 oz. Sultanas

Line 8" round tin with greaseproof paper. Tie brown paper round outside. Clean fruit, wash and quarter cherries, beat eggs. Cream butter and sugar till soft and light. Add eggs and flour alternately as for sponge. Mix remaining flour with spice and fruit and add to the mixture. Mix thoroughly and put into prepared tin. Bake for 10 minutes at 5 or 350° or 180° then 1½-2 hours at 3 or 300° or 150°. 1 lb. marzipan will cover this cake. 1 lb. icing sugar used for Royal Icing for covering and decorating.

Mrs. M. Macnaughton.

CHRISTMAS CAKE

8 oz. Plain Flour
8 oz. Butter
8 oz. Soft Brown Sugar
4 Eggs
8 oz. Currants
8 oz. Sultanas
8 oz. Raisins
2 oz. Mixed Peel
2 oz. Almonds
4 oz. Cherries
1 teasp. Cinnamon
1 teasp. Nutmeg
1 teasp. Ginger
1 teasp. Cloves
1 teasp. Mace
1 teasp. Allspice
1 tblsp. Treacle
½ gill Brandy

Sift flour. Cream butter and sugar and add beaten eggs with a little flour. Mix in rest of flour with spices. Add fruit, treacle and brandy. Turn into prepared cake tin and bake in moderate oven for 3 hours.

Mrs. B.E. Robertson.

WALNUT LOAF

2 Cups S.R. Flour
½ Cup Sugar
1 Cup Fruit
¾ Cup Chopped Walnuts
1 teasp. Mixed Spice
1 Egg
1 Cup Milk

Mix Flour, sugar and spice. Beat Egg and add to dry ingredients with milk. Add Fruit. Pour into greased loaf tin and bake for 1 hour at 375F/190C.

Mrs. B.E. Robertson.

DATE TEA LOAF

8 oz. S.R. Flour
1 Teasp. Mixed Spice
8 oz. Chopped Dates
4 oz. Sultanas
4 oz. Raisins
8 oz. Soft Brown Sugar
2 fl. oz. Brewed Tea (4 tblsps.)
2 Beaten Eggs

Place fruit in a large bowl with sugar. Stir in tea, cover and leave to soak overnight. Sift spice and flour and mix in alternately with beaten eggs. Pour into greased loaf tin and smooth top. Bake at Gas Mark 3 about 1 hr. 15 mins.

Anne Murray.

SNOW CAKE

8 oz. Marg.
8 oz. Castor Sugar
9 oz. S.R. Flour
1 oz. Cornflour
4 Eggs
Walnuts or cherries

Cream marg. and sugar, add eggs, fold in flour and cornflour, add walnuts or cherries, or both. Put in oven 350°F for 1 hr.

Mrs. Mary Findlay.

SMIDDY LOAF

4 oz. Margarine
8 oz. Sultanas
1 Cup Sugar
1 Cup Water
1 teasp. Bicarbonate of Soda
1 teasp. Mixed Spice

Put margarine, sultanas, sugar, water, bicarbonate of soda and water into a pot, bring to boil and boil for 5 minutes. Allow to cool and add 2 eggs and 8 ozs. S.R. Flour to mixture. Put into greased and lined 2 lb. loaf tin and bake in moderate oven 300° - 350° for 1 - 1½ hours. Check after 1 hour.

Mrs. Jean M. Baldie.

BOILED FRUIT CAKE

1 Teacup Granulated Sugar
1 Teacup Cold Water
4 oz. Margarine

1 Teacup S.R. Flour
1 Teacup Plain Flour

1 Teasp. Baking Soda
1 Teasp. Mixed Spice
1 lb. Mixed Fruit

2 Eggs

Put first six ingredients in a pan and bring to boil, and cook for 2 mins. Add flour then beaten eggs, put into large loaf tin or 2 small ones in oven for 1 hour - 350F.

Rea Smith.

FRUIT LOAF

2 Teacups S.R. Flour
½ Teacup Castor Sugar
1 Teacup Milk
1 Teacup Sultanas

¼ lb. Marg.
1 Egg
¼ Teasp. Baking Soda

Put into a pan, marg. sugar, milk and sultanas, and simmer until it comes through the boil. Boil for five minutes. When cool, add flour and beaten egg. Pour into prepared loaf tin, and bake in pre-heated oven for 1 hour to 1¼ hrs.

Mrs. Ritchie.

APRICOT TEA LOAF

8 oz. Dried Apricots
6 oz. Castor Sugar
3 oz. Lard
½ Level Teasp. Cinnamon
¼ Level Teasp. Nutmeg
½ Level Teasp. Salt
1 Egg
8 oz. Plain Flour
1 Level Teasp. Bic. of Soda
8 fl. oz. Water

Cut apricots into small pieces and stew in water. Add sugar, lard, spices and salt. Cook for 5 mins. and allow to cool. Add beaten egg and bicarbonate of soda sieved with the flour and mix well. Place in 1 lb. greased loaf tin and bake 350F for 1 hour.

Mrs. Mavis Ogilvie.

GINGERBREAD

12 oz. Plain Flour
12 oz. Treacle
4½ oz. Soft Brown Sugar
6 oz. Butter or Marg.
2 Eggs
1 Cupful Milk
¾ Teasp. Bicarb. of Soda
2 Teasps. Mixed Spice
3 Teasps. Ground Ginger

Mix all dry ingredients together. Melt butter, treacle and milk. When melted and well mixed, pour on to beaten eggs. Mix with dry ingredients. (Add 3 oz. peel if desired) . Pour into a well greased 3 lb. tin and bake in mod. oven for 1½ hrs. or until ready.

Mrs. McDonald.

SAND CAKE

6 oz. Butter
6 oz. Castor Sugar
3 Eggs
½ teasp. Vanilla Essence

4 oz. Cornflour
4 oz. Plain Flour
1 Level teasp. Baking Powder
2-3 tblsps. Milk to mix

Cooking Time - 1½ hrs.
Oven Temperature - 375°F

2 lb. Loaf Tin

Cream butter and sugar until soft and light. Add beaten eggs and vanilla essence. Fold in cornflour sieved with flour and baking powder. Lastly add milk to make a medium soft consistency. Spread in greased lined tin. Bake for time and temperature given until firm.

Heather Clark.

FRUIT CAKE

8 ozs. S.R. Flour
2 Eggs
6 ozs. Brown Sugar
¼ lb. Butter
12 ozs. Mixed Fruit

4 ozs. Cherries
Small tin Crushed Pineapple
1 Dessp. Treacle
2 teasps. Mixed Spice
1 teasp. Cinnamon

Put ingredients into pan and allow butter to melt gently. When all soft and mushy add eggs. Beat all together in pan then add flour. Put into lined tin. Bake at low heat for 1¾ or 2 hours.

Mrs. T. McDonald.

SULTANA CAKE

10 ozs. Plain Flour
8 ozs. Butter
6 Large Eggs
2 ozs. S.R. Flour
8 ozs. Caster Sugar
1¼ lbs. Sultanas

Grease and line an 8" Cake Tin with greaseproof paper. Tie band of brown paper round outside of tin. Sift flours, cream sugar and butter till light and fluffy then add 3 of the eggs, one at a time beating each in well. After third egg has been added, fold in a little flour to avoid curdling. Whisk remaining eggs and fold into mixture alternately with remaining flour. Fold in cleaned sultanas, turn mixture into tin and smooth over top with palette knife. Bake in centre of moderate oven (335° or Mark 3) for 1 hour. Reduce heat to 310° or Mark 2 and bake until ready.

Mrs. T. McDonald.

BANANA CAKE

5 oz. S.R. Flour
¼ teasp. Soda
1 Ripe Banana
2 oz. Soft Butter
1 Egg
5 oz. Sugar
½ teasp. Vanilla
¼ teasp. Salt

Place egg, banana, sugar, butter, vanilla and salt in a liquidiser. Blend on speed 3 till consistency is smooth. Sift the flour and soda into bowl and pour the liquidised mixture over. Mix on speed 3 to combine thoroughly. Bake in greased 7" tin 40 mins at 375°F.

Miss Irene Forsyth.

CHOCOLATE GATEAU

Approximate preparation time: 25 mins. Cooking Time: 50 mins.

7 oz. Plain Chocolate
7 oz. Soft Brown Sugar
2 tblsps. Milk
Few Drops Vanilla Essence
5 oz. Salted butter, softened
3 Large Eggs
8 oz. S.R. Flour
7 oz. Unsalted Butter
1 Rounded teasp. grated lemon rind
14 oz. Icing Sugar
Brandy to taste
Slice of Lemon for decoration

Turn on oven; set at moderate 375°F (190°C), Mark 5. Grease a deep 8" (20cm) cake tin and line with greaseproof paper. Break up 4 oz. chocolate and put it in a small pan with 3 oz. brown sugar, milk and vanilla essence. Stir over a low heat until it all melts into one. Leave to cool - don's let it harden. Cream the salted butter with remaining 4 oz. brown sugar until light and fluffy. Gradually beat in the eggs. Fold in the flour and the cooled chocolate mixture. Spoon into prepared tin. Bake the cake in the centre of the preheated oven for 45 mins. or until firm to the touch and beginning to shrink away from the sides of tin. Turn out to cool on a wire cooling rack. Put 4 oz. unsalted butter and the lemon rind in a mixing bowl. Beat in 8 oz. sifted icing sugar; flavour with brandy. Cut the cooled cake into 4 thin layers. Sandwich with the butter cream. Melt remaining 3 oz. chocolate. Beat into rest of unsalted butter (3 oz.) with remaining icing sugar. Spread over top and sides of cake. Add lemon slice.

Sheila Robertson.

NOUGAT CAKE

3 oz. Shortcrust Pastry
Currants
1 Rounded Tblsp. Sugar
1 Level Tblsp. Syrup
2 oz. Marg.
1½ Cups Porage Oats

Topping: 1½ oz. Marg
2 Dessps. Castor Sugar
2 Dessps. Water
2 Dessps. Coconut

Line a 7" sandwich tin with pastry. Sprinkle with currants. Melt sugar, syrup and Marg., stir in porage oats. Spread on top of Currants and bake in mod. oven till golden brown (25 mins.) Cream marg., beat in sugar and water till light and fluffy. Stir in Coconut. Spread on top of cake and sprinkle with coconut.

Miss Johann Forsyth.

GINGER TORTE

4 oz. Marg. or Fat
2 tblsps. Castor Sugar
6 oz. Plain Flour
1 Level Teasp. Ground Ginger
2 Ginger Nuts or Digestive Biscuits crushed

Cream marg. and sugar, then add other ingredients. Divide mixture into two round cakes. Bake in mod. oven (Gas 4) for 20 mins. Turn out and Cool. Sandwich together with ginger cream.

Cream: 2 oz. Butter or Marg
2 oz. Icing Sugar
¼ Teasp. Ground Ginger

Cream all together until nice and smooth.

Mrs. J. Todd.

TEATIME TREATS

Base: 4 oz. Plain Flour
1 oz. Caster Sugar
3 oz. Marg.
Cherries and Sultanas

Topping: 3 oz. Marg
3 oz. Caster Sugar
1 Egg
2 oz. Ground Almonds or Dessicated Coconut
Vanilla Essence

Base: Grease swiss roll tin. Sift flour and sugar, rub in marg. Press into tin. Sprinkle on cherries and sultanas.
Topping: Cream marg. and sugar, beat in egg and add ground almonds and essence. Spread on base. Bake 40-45 mins. at 350F. until golden brown. Cool. Cut into fingers.

Mrs. D Christie

BERWICKSHIRE TART

2 oz. Cherries
2 oz. Caster Sugar
2 oz. Currants
2 oz. Walnuts (Chopped)
2 oz. Coconut
1 Egg

Make enough short pastry to cover a swiss roll tin. Mix all above ingreds. together adding egg last. Spread this over the pastry and bake in oven 350F for 20-30 mins. When slightly cooled cover with icing.

Mrs. Mary Findlay

MASSERINES

Base: 4 oz. Plain Flour
1 oz. Ground Almonds
1 oz. Caster Sugar
2 oz. Marg
Yolks 2 Eggs

Filling: well switched 2 Whites Eggs
4 oz. Caster Sugar
2 tblsp. grated Chocolate
2 oz. chopped Almonds

Mix ingreds. into pastry, roll out thinly and place in swiss roll tin, raising edge all round. Bake for 10 mins. in medium oven, then spread thinly with raspberry jam. Over this spread filling and cook till crisp and brown 30-35 mins. Cut into squares or fingers when cool.
Method of filling: Put all ingreds. in pan, bring to boil (just a few bubbles), remove and spread over jam base.

Mrs. Mavis Ogilvie

MARS BAR BISCUITS

2 Mars Bars
2 oz. Marg.
1 dessp. Sugar
2½ Cups Rice Crispies

Melt together Mars Bars, Marg. and Sugar, then add Rice Crispies. Spread on a baking tray and cover with melted chocolate and cut into squares.

Mrs. Mary Findlay

DATE FANTASIES

¼ lb. Butter
½ Cup Sugar
10 oz. pkt. Tea Biscuits
1 pkt. Stoned Dates
½ teasp. Vanilla Essence
1 Beaten Egg

Melt butter and sugar in pan. Crush pkt. tea biscuits, chop up dates and put in mixing bowl. Add melted butter and sugar to this, then essence and beaten egg. Mix well. Put into toffee tin and flatten to about 1" thickness. Put into fridge to harden for a couple of hours or longer. Mark off into squares and toss in castor sugar.

Mrs. Janet Todd

DATE CRUNCHIES

4 oz. Wholewheat Flour
6 oz. Rolled Oats
8 oz. Butter or Marg.
8oz. Dates
2 tblsp. Water
1 tblsp. Lemon or Orange Juice
1 tblsp. honey
Pinch of Cinnamon

Mix together flour and oats. Add butter and rub in well. Divide mixture into two and press half into a well greased tin - 7" square or larger. Simmer dates with water until soft, cool. Stir in fruit juice, honey and cinnamon. Spread date mixture over oat mix and cover with remaining oat mixture. Smooth top and bake in a moderate oven 350 F. for 25 mins. Cut into fingers while still warm and cool in tin.

Mrs. Noëleen Lindsay

GINGER TORTE

4 oz. Marg. (or fat)
2 tblsp. Caster Sugar
6 oz. Plain Flour
1 level teasp. Ground Ginger
2 Ginger Nuts or 2 Digestive Biscuits (crushed)

Cream marg. and sugar, then add other ingredients. Divide mixture into two round cakes and bake in moderate oven Gas 4 for 20 mins. Turn out and cool and sandwich together with ginger cream.

Cream: 2 oz. Butter or Marg.
2 oz. Icing Sugar
¼ teasp. Ground Ginger

Cream all together until nice and smooth.

Mrs. Janet Todd

PEPPERMINT SLICES

½ lb. melted marg. add to 1 dessp. cocoa or drinking chocolate, pinch salt, 1 cup S.R. flour, ½ cup brown sugar, 4 handfuls crushed cornflakes. Bake 20 mins. at Gas 7. Leave to firm.

½ lb. Icing Sugar, little water, ½ teasp. peppermint essence. Spread over mixture when firm. Cover with melted chocolate.

Mrs. Jean Smith

JAFFA CAKES

2 Eggs
2 ozs. Caster Sugar
2 ozs. S.R. Flour
Apricot Jam
Chocolate

Put egg and sugar in bowl and beat till thick, fold in flour. Grease patty tins and put a large teaspoonful in each. Put in oven at 400F for 10-15 mins. Warm jam and spread a layer on each. Heat chocolate and spread over jam.

Mrs. Mary Findlay

1, 2, 3, 4 BUNS

1 Egg
2 ozs. Marg.
3 ozs. Caster Sugar
4 ozs. S.R. Flour
A little Milk

Beat egg, cream marg. and sugar and add half the egg and half the flour. Mix well and add the rest of the egg and flour and 1 tblsp. of milk. Bake in paper cases or bun tin for 15 mins. at Gas mark 6. This mixture is good too as a topping for fruit pudding.

Anne Murray

CHOCOLATE WALNUT CAKES

8 ozs. Icing Sugar
4 ozs. Marg
6 ozs. Coconut
4 ozs. Walnuts (finely chopped)
save some for decoration
12 ozs. cooking Chocolate
2 dessp. coffee essence

Cream marg. and sugar add coffee essence, coconut and walnuts. Roll into small balls and pop into bowl of melted chocolate to coat, using a fork to lift out. Place on greaseproof paper to dry with small piece walnut on top.
Mrs. Una McLaren

SNOWBALLS

6 ozs. S.R. Flour
3 ozs. Butter or Marg.
1 Egg
2 ozs. Caster Sugar
1-2 tblsp. cold milk
Icing Sugar and a little water
Coconut
Raspberry Jam

Beat butter and sugar until light and fluffy. Add egg and beat and fold in flour. Add milk and mix well. Divide dough into small balls place on greased baking sheet, flatten slightly. Bake Gas 6 for 10-12 mins. When cold sandwich two together with jam. Make up icing sugar with a little cold water. Dip cake into icing sugar then into coconut. Place in cake cases.

Mrs. Anne Gibson

SPICY TUTTI FRUITI BUNS

2 level tblsp. Syrup
2 ozs. Marg.
1 large Egg Yolk
2 oz. Glace Cherries chopped
3 ozs. Plain Flour
¼ level teasp. Baking Soda
1-2 tblsp. Milk
Meringue Topping: 1 Egg White
2 oz. Caster Sugar
¼ level teasp Cinnamon

Cream marg. and syrup together, beat in egg yolk, stir in cherries. Sieve flour and Baking soda, fold into mixture and add milk. Divide mixture into cases.
Topping: Whisk egg white until stiff. Stir sugar and cinnamon together then add half to egg white and re-whisk until stiff. Fold in rest of sugar. Pile heap of meringue on top of Tutti Fruiti mixture. Bake at 350F for about 20 minutes.

Mrs. K. Dawson

TRAY BAKE

15 Digestive Biscuits
15 Marshmallows
15 Cherries or Walnuts or half each
Small tin Condensed Milk

Crush biscuits and cut up other ingredients and bind with condensed milk. Line a swiss roll tin with greaseproof paper. Place mixture in tin and smooth out . Cut an orange in half and rub over mixture squeezing the juice out evenly until mixture is compressed and smooth. Cover with melted chocolate and when cold turn tin upside down on sheet of grease-proof paper and spread underside with chocolate. Cut into squares.

Mrs. E. Brown

WALNUT FINGERS

Shortbread base cooked previously in swiss roll tin.
2 Eggs
6 oz. Caster Sugar
2 oz. Rice Flour
3 oz Chopped Walnuts
Vanilla Essence

Beat eggs and sugar till thick. Add other ingredients, spread on base and bake 375-400F till nicely brown - about 15-20 mins.

Mrs. P. O'Brian

CHOCOLATE CRUNCH

5 oz. Cooking Chocolate
4 oz. Digestive Biscuits
4 oz. Icing Sugar
4 oz. Marg.

Crumble biscuits finely into bowl, sieve icing sugar into same bowl. Into another bowl melt marg. and chocolate. When melted add to biscuits and icing sugar. Spread out in a greased dish till about ½"-¾" thick. Place in fridge till hard then cut into small squares.

Alison Currie

DATE CRUNCH

4 oz. Marg.
8 oz. Dates
8 oz. Cooking Chocolate
6 oz. Caster Sugar
6 handfuls Rice Crispies

Melt marg. sugar and dates in saucepan. Add crispies and mix well. Spread onto greased shallow baking tray. Melt chocolate and pour over mixture. Cut into squares when cold.

C. Kinmond

COCOANUT FARE

1 Tea Cup Desc. Cocoanut
1 Tea Cup S.R. Flour
1 Tea Cup Crushed Corn Flakes
½ Tea Cup Sugar
¼ lb Marg. (melted)

Mix all ingredients together and press into flat tin. Bake in moderate oven until golden brown. Cool and pour over thin icing made with 5 tblsp. icing sugar and sufficient water.

Mrs. M. Nicoll

TRICKLE TRAY BAKE
(makes 12)

For the base:
6 oz. Plain Flour
Pinch of Salt
1½ oz. Marg.
1½ oz. Lard

For the Sponge Top:
4 oz. Softened Marg.
4 oz. Caster Sugar
2 large Eggs
6 oz. S.R. Flour sifted
Pinch of Salt
2 tblsp. Milk
4 level dessp. Strawberry Jam
Few drops of Almond Essence

Brush the tin with a little melted fat. Sift flour and salt for the base into a bowl, add fats cut into small pieces, using the fingertips only rub them in until mixture resembles fine breadcrumbs. Mix in sufficient water to make a fairly stiff dough, transfer it to a lightly floured working surface. Roll the pastry into a rectangle large enough to cover the base and sides of the tin and very carefully lift it into position. Press the dough into the sides and corners then run the rolling pin over all the edges to remove the excess dough. Mix together the marg. eggs, sifted flour and salt, sugar, milk and almond essence in a mixing bowl. Beat them for a minute. Spread the sponge mixture evenly over the pastry base. Finally trickle the jam over top - as it cooks the jam will seep through sponge onto the pastry. Bake the tray bake on the centre shelf of a mod. oven Gas mark 4 for 30 mins. then reduce the heat to Gas mark 3 and cook it for a further 10-15 mins. until the sponge is golden brown and well risen. Cut the tray bake into 12 squares and leave it to cool on a wire tray before serving for tea.

Tracey Rodger

GINGER CRUNCH

4 oz. Marg.
2 oz. Sugar
1 Cup S.R. Flour
1 teasp. Ground Ginger
1 tblsp Butter
3 teasp. Golden Syrup
3 lg. tblsp. Icing Sugar
Coconut

Cream marg. and sugar and add flour and ginger. Grease and line a swiss roll tin and spread on mixture. Bake in mod. oven for 20 mins. Melt butter and syrup in saucepan and add icing sugar. Pour this over hot biscuit and sprinkle with coconut. Cut into squares when cool.

Mrs. B. E. Robertson

PEPPERMINT SQUARES

4 oz. Marg.
½ Cup Soft Brown Sugar
1 Cup S.R. Flour
2 tblsp. Coconut
1 tblsp. Cocoa
2 small handfuls cornflakes

Icing: 2 oz. Marg.
9 oz. Icing Sugar
Peppermint Essence
Green Colouring

Cream marg. and sugar, mix together dry ingredients and add to this. Spread and press into swiss roll tin and bake for 20 mins. at 350F. While still warm spread with icing. When set cover with melted chocolate. Cut into squares when cool.

Mrs. B. E. Robertson

TOLLHOUSE SQUARES

4 oz. S.R. Flour
4 oz. Marg.
4 oz. Brown Sugar
2 Eggs
½ teasp. Salt
1 teasp. Vanilla
2 oz. Chocolate Chips

Grease and line 7" square tin (shallow) (Base)
Cream marg. and sugar, mix dry ingreds. add 2 tblsp. of sieved flour, mix, add 1 egg at a time if using mixer. If not, beat eggs and add gradually, beating well between each addition. Add vanilla and fold in flour with chocolate chips. Bake 350F for 25-30 mins. Turn on rack to cool.

Icing: 3 oz. Marg.
4 oz. Icing Sugar
1 tblsp. Syrup
Chocolate Bits or chopped Chocolate for decoration
Walnuts if liked

Beat marg. sugar and syrup until smooth. Ice cake, mark with fork, cut into 16 squares.

Mrs. Chris Linley

ALBERT CAKE

Make a short crust pastry, roll out thin and line sandwich tin, then spread with jam.
Sponge Mixture:
3 oz. Marg.
2 oz. S.R. Flour
1 oz. Cornflour
2 Eggs
¼ teasp. Baking Powder
3 oz. Sugar

Cream marg. and sugar, then add egg and flour turn about until all is used up. Spread evenly over top of jam and bake for 15 mins.

Mrs. J. Dallas

CHOCOLATE CRUMBLE

4 oz. Marg.
1 dessp. Sugar
½ lb. Cooking Chocolate
4 teasp. Drinking Chocolate
2 tblsp. Syrup
1 lb. Digestive Biscuits

Crunch up biscuits in a bag. Melt marg. sugar, syrup and drinking chocolate over a low heat till melted. Stir in biscuit crumbs. Turn into a swiss roll tin and leave to cool. Cover with melted chocolate. Cut into squares when cool.

Mrs. Hazel Chessor

CHOCOLATE DIGESTIVE TRAY BAKE

½ Pkt. Chocolate Digestive Biscuits (Plain)
½ Pkt. Digestive Biscuits (both crushed)
1 small tin Nestles Condensed Milk
2 level dessp. Syrup
4 oz. Marg.
2 oz. Sugar
2 oz. Raisins

Melt condensed milk, syrup, margarine, sugar and raisins and boil for 5 mins., then stir in crushed biscuits. Press into swiss roll tin and cover with melted chocolate.

Mrs. Christine Kidd

COBURG CAKES

½ lb. Flour
2 ozs. Sugar
½ teasp. Baking Soda
2 Eggs
4 ozs. Marg.
4 ozs. Syrup
2 teasp. Mixed Spice

Mix all dry ingredients, melt marg. and syrup together over a low heat, and stir in well beaten eggs. Mix in dry ingredients and put into greased patty tins with half an almond on each tin, bake at 350F - 375F.

Mrs. J. Dallas

GINGER CHOC ROCK CAKES

8 ozs. S.R. Flour
1 large teasp. Ground Ginger
4 ozs. Marg.
3 ozs. Granulated Sugar
1 large Egg
1-2 tblsp. Milk
2 ozs. Cooking Chocolate
1 oz. Crystalised Ginger.

Chop chocolate and ginger into small pieces. Sift flour and rub in marg, add sugar, chocolate and spice etc. Mix to a stiff dough with egg and milk. Pile in rough heaps and sprinkle with sugar. Bake 400F for 20-25 mins.
1 oz. currants can be used instead of ginger if preferred.

Mrs. Moira Fraser

PRINCESS CRUNCHIES

4 ozs. Princess Marshmallows
4 ozs. Slab Toffee (or Caramels)
4 ozs. Marg
1 small Pkt of Rice Crispies

Melt marg, toffee and mallows slowly in a pan (do not boil). When thoroughly melted remove from heat and stir in Crispies (having first stirred the melted ingredients thoroughly), make sure all Crispies are coated with mixture. Line a swiss roll tin (or grease) with foil. Press into tin and allow to set

Mrs. M. Thomson

BRAN LOGS

4 ozs. Cooking Choc.
4 ozs. Evaporated Milk
2 ozs. Hazlenuts
2 ozs. Sifted Icing Sugar
4 ozs. Bran Flakes - crushed
Icing sugar - for dusting

Melt choc. with milk over hot but not boiling water, over low heat stirring constantly. Remove from heat, stir in 2 oz. icing sugar. Add bran and nuts and mix well. Drop by tblsps. into additional sugar. Roll into logs. Refrigerate at least 1 hour before serving.

Mrs. D. McTavish

CANADIAN CHOCOLATE COOKIES

1 Cup White Sugar
2 ozs. Marg.
¼ cup Milk
2 squares Chocolate

Put above ingredients in pan, bring to boil stirring constantly. Boil for 3 minutes. Remove from heat and add: 1½ cups Rolled Oats, ½ Cup Raisins or Coconut, Sultanas or Cherries. Spoon into paper cases and cool in fridge.

Mrs. S.G. Kennedy.

MACAROON TARTS

Pie Crust - 4 ozs. Plain Flour
2 ozs. Marg
½ teasp. Salt

Moisten with a little cold water. Roll out thinly, cut into rounds and line 18-20 patty tins.

Filling - Beat whites of 2 eggs stiffly add ½ cup Caster Sugar and 1 cup coconut. Put a little rasp jam in each pastry lined tin and half fill with mixture. Bake in moderate oven 375F or 190C. for 20 minutes to a golden brown.

Mrs. Netta Anton

PUNK ROCK CAKES

4 ozs. S.R. Flour
2 ozs. Marg.
2 ozs. Sugar
4 ozs. Currants
1 Egg
Lots of food colouring

Place flour, marg, sugar and currants into a bowl and mix together. Add the egg to bind the ingredients together. Add the food colour to make it look revolting, then place the buns onto a baking tray. 400 - 425F, Mark 6 for 12-15 minutes.

Miss Susan Thomson

ORANGE CHIP CAKE

4 ozs. Marg
4 ozs. Sugar
5 ozs. S.R. Flour (sifted)
2 Eggs
1 tblsp. Orange Juice
1 dessp. grated Orange Peel
3 ozs. grated Chocolate
2 ozs. chopped Walnuts (optional)

Cream marg. and sugar and peel until light and fluffy. Add the eggs one at a time. Add flour, chocolate, orange juice and walnuts until well mixed. Turn into a tin 7½" x 7½" and bake 25-30 mins. 375F, Gas mark 5. Could be iced with orange flavoured butter icing and decorated with walnuts.

Miss Susan Thomson

EGG YOLK SPONGE

4 Egg Yolks
2 tblsp. cold Water
3½ ozs. caster Sugar
3½ oz. Plain Flour
1 teasp. grated Lemon rind
Icing Sugar

Grease a deep 7" sponge tin and line base with greased paper.
Whisk egg yolks and water until well blended - add caster sugar and continue whisking until mixture is light and foamy - fold in sifted flour with lemon rind. Put mixture into tin and bake for time given. Turn out and cool on a wire rack. Sprinkle with a little sifted icing sugar before serving.
Oven temp - 350F/180C/Gas mark 4; Cooking time - 40 minutes.
This is a useful cake to make when egg yolks are left over after making meringues.

Mrs. I.E. Pennycook

SPONGE SANDWICH

6 ozs. Marg
6 ozs. S.R. Flour
6 ozs. Caster Sugar
3 Eggs

Cream marg and sugar together until very light. Beat in eggs one at a time, adding a little sieved flour with each egg. Fold in remaining flour. Divide mixture equally between two 7" x 1½" sandwich tins with a round of greaseproof paper in the bottom of each, and brushed round inside with melted marg. Smooth tops. Bake in mod. oven 375F or 190C for 30 minutes.

Mrs. Netta Anton

CHOCOLATE SPONGE SANDWICH

4 ozs. Marg
4 ozs. S.R. Flour
4 ozs. Caster Sugar
2 Eggs
1 heaped tblsp. Drinking Chocolate blended with 2 tblsp hot water, allow to cool
Salt

Cream marg and sugar, add chocolate and water (add some of sieved flour to prevent curdling). Add eggs beaten or one at a time in mixer. Add remainder flour and salt, fold in. Put into two 7" sandwich tins, greased and base lined. Bake Reg. 4 or 350F for 30 mins. Fill with chocolate butter cream. Melt chocolate for top.

Mrs. Chris Linley

APPLE SHORTCAKE

4 ozs. Marg
3 ozs. Caster Sugar
6 ozs. S.R. Flour
Pinch Salt
1 Egg
1 lb. Cooking Apples

Stew apples until soft, put into strainer to drain off juice. Cream marg and sugar, add egg and beat well, then add flour and salt. Divide mixture into two. Pat out one half of mixture to fit bottom of sponge tin, put in apples and then second half on top. Bake at 375F for 30-35 mins. until golden brown. When cold sprinkle with caster sugar.

Mrs. Jean Baldie

ALMOND ROUND

4 ozs. Plain Flour
3 ozs. Marg.
1 oz. Sugar
Small teasp. Baking Powder
Very little milk to mix

Filling - 1 teacup Coconut
1 teacup Sugar
1 well beaten Egg
½ teasp. almond essence

Rub marg into flour. Add sugar and mix with milk. Line tin with pastry and spread with jam. Add filling and bake at 375F for 20 minutes.

E. Hutton

CARAMEL TART

Line 7" baking tin with pastry.

Filling - 1 oz. Marg
1 egg
1 cupful Sultanas
3 ozs. Sugar
1 teasp. Vanilla essence

Beat marg and sugar, add egg, and beat. Add sultanas and vanilla essence. Pour into pastry tin. Bake in moderate oven until crisp on top.

Mrs. M. Lamond

BRIGHTON SANDWICH

5 ozs. S.R. Flour
2 ozs. Fat
2 ozs. granulated Sugar
1 Egg.
Desired filling

Rub fat and flour, add sugar, mix with beaten egg, divide pastry in two. Roll one piece into round and place in sandwich tin. Spread desired filling to $\frac{1}{2}$" from the edge. Cover with other half of pastry. Bake in mod. oven for 30 minutes. When cool sprinkle with icing sugar.

Mrs. M. Lamond

RAISIN TART

8 oz. Shortcrust Pastry
(or 1 Pkt Frozen Shortcrust Pastry)
2½ ozs. Marg
4 ozs. Sugar
4 ozs. Fruit
1 teasp. Mixed Spice
1 teasp. Cinnamon

Line 11" x 7" tin with pastry. Melt all ingredients in pan. Pour over pastry base. Bake at 300F for 40 minutes.

Mrs. D. Christie

VICTORIA SPONGE

6 ozs. Caster Sugar
6 ozs. Butter or Marg
6 ozs. S.R. Flour
3 Eggs

Make in electric mixer.
Beat butter and sugar until light and fluffy. This is very important. Break in 1 egg add a little flour, add second and third eggs the same way, reduce speed (2) and tip in rest of flour, switch off, using the spatula turn mixture into two sandwich tins. Bake 375F for 25 minutes.

Mrs. Margaret Butchart

NESTLES SHORTCKAE

Base:-
Beat together 6 oz. margarine, 2 oz. castor sugar. Add 6 oz. plain flour and 2 oz. cornflour. Mix all together and press into oblong tray, size 12" x 7½". Prick with fork and bake for 1 hour, gas 3, or electricity 315° until golden.

Toffee:-
4 oz. sugar
2 tblsp. syrup
small tin condensed milk

Melt slowly in thick pan and bring to boil. Boil for 5 minutes, stirring continually. Take off heat and beat for few minutes. Pour over shortbread base. Melt 12 squares cooking chocolate and spread over toffee. Leave until cold, cut in fingers.

Mrs M. Petrie.

BRIDAL SLICES

4 oz. sugar
2 oz. margarine
2 eggs
2 oz. cherries
6 oz. raisins
6 tblsp. crushed biscuits
shortcrust pastry

Line Swiss Roll tin with pastry. Cream margarine and sugar. Add all other ingredients and spread over pastry. Bake at 350°F for ¾ hour. When cool, ice and cut into slices.

Mrs Sheena Lawn.

BISCUIT CAKE

8 oz. broken biscuits
4 oz. margarine
2 level tblsp. cocoa
1 level tblsp. caster sugar
1 level tblsp. syrup
2 oz. cleaned sultanas
4 oz. cooking chocolate
icing sugar

Melt margarine, cocoa, sugar, syrup and sultanas gently together in a saucepan. Crush the biscuits into crumbs and stir into mixture. Press the biscuit mixture into a greased sandwich tin and leave until set. Cut up and melt chocolate in a plate over a pan of hot - not boling - water for about 5 minutes. Beat chocolate to make it smooth and spread over biscuit mixture and leave to set. Sprinkle with icing sugar.

Mrs Sandra Patterson.

CHOCOLATE BARS

3½ oz butter
1 oz. sultanas
1 oz. golden syrup
2 oz. glace cherries
6 oz. plain chocolate
8 oz. Country Store or similar cereal
1 oz. mixed peel

Grease a 7" square tin. Melt butter and add syrup. Remove from heat and stir in cereal, sultanas, cherries and mixed peel. Press the mixture into the tin. Melt the chocolate in a basin over a pan of hot water. Spread evenly over the fruit base. Chill well, cut into bars.

Mrs Jeanette Stewart.

CURRANT LOAF

1 Cup Castor Sugar
1 Cup Water
1 Cup Sultanas
1 Cup Raisins
2 oz. Marg.
1 Teasp. Mixed Spice
1 Teasp. B. Soda
2 Cups S.R. Flour
2 Eggs

Put all in pan and simmer for 5 mins., cool, add 2 well beaten eggs and add 2 cups flour. Beat till smooth, put in tin and bake 350°F for 1 hour.

Mrs. Mary Findlay.

WELSH TEA LOAF

Soak $\frac{3}{4}$ lb. Mixed Fruit overnight in $\frac{3}{4}$ pt. of black tea (no milk added). Mix 1 lb. S.R. Flour, 1 teasp. Mixed Spice and $\frac{1}{4}$ lb. sugar together. Stir in one beaten egg into tea and fruit mixture then blend the wet and dry ingredients. Spoon into a large loaf tin and bake in moderate oven for $1\frac{1}{2}$ hrs. Gas Mark 3.

Mrs. C. Martin.

BARA BRITH (Fruit Loaf)

2 Cups Flour
$\frac{1}{2}$ Cup Sugar
$\frac{1}{2}$ Cup G. Syrup
1 or 2 Eggs
Pinch Salt
Dried Fruit
Milk

Mix dry goods, beat in eggs, add enough milk to make mixture med. soft. Bake in mod. oven approx. $1\frac{1}{2}$ hrs. 325° - 1 hr. 300° - $\frac{1}{2}$ hr.

Mrs. D. Parker.

BARRA-BRITH LOAF

1 lb. S.R. Flour
1 Teacup Sugar
12 oz. Mixed Fruit
1 Teacup Milk
2 Eggs
1 Good Tblsp. Syrup
1 Good Tblsp. Treacle
Pinch Salt

Mix all dry ingredients. Put milk, syrup and treacle in pan and heat till warm (not hot). Beat eggs till frothy. Add milk mixture and eggs alternately. Stir well. Put in 2 loaf tins. Bake at 190°C (350°F) for approximately 1 hour.

Mrs. Christine Kidd.

FRUIT LOAF

2 oz. Marg.
1 Cup Water
1 Cup Sugar
1 Cup Sultanas
Pinch Salt

Put into pan and boil for 4 minutes. Allow to cool, and pour into bowl. Add 2 cups S.R. Flour and 1 egg. Beat together. Pour into loaf tin which has been lined with foil, and bake for 1 hour at 350°F or Reg. 4.

Mrs. June Currie.

GINGERBREAD

4 oz. Marg
6 oz. Black Treacle
2 oz. Golden Syrup
¼ pt. Milk
2 Eggs
6 oz. Plain Flour
2 oz. Sugar
1 teasp. Mixed Spice
1 teasp. Bicarb. of Soda
2 teasp. Ground Ginger

(to this basic recipe can be added 4 oz. Sultanas, Dates, Ginger or Chopped Almonds)

In saucepan warm together marg. treacle and syrup. Add milk and allow to cool. Beat eggs and add to mixture. Sieve together dry ingredients and blend to cooled mixture with tablespoon. Turn into greased and lined 7" square tin and bake on middle shelf of cool oven 310F. for 1¼ to 1½ hrs.

Mrs B.E. Robertson

STICKY GINGERBREAD

4 oz. Marg. or Lard
6 oz. Black Treacle
2 oz. Golden Syrup (or use all black treacle)
¼ pt. Milk
8 oz. Plain Flour
2 oz. Brown Sugar
1 level teasp. Bicarb. os Soda
1 level teasp Mixed Spice
1-2 level teaspns. Ground Ginger
2 Eggs

Warm marg. black treacle and syrup. Add milk and allow to cool. Sieve dry ingredients into a bowl, add the treacle mixture and the eggs, beat well. Pour into lined 7" square tin and bake for 1¼ to 1½ hrs. at 300 - 325F.

Heather Clark

CHOCOLATE SPICED LOAF

3 Eggs (size 3)
6 oz Soft Brown Sugar
6 oz. Butter
6 oz. S.R. Flour
1 Level tblsp. Mixed Spice
Pinch Salt
Few Drops of Vanilla Essence
5 tblsp. Milk
5 tblsp. Lemon Juice
3 oz. Chocolate (coarsely grated)
2 lb. Loaftin (9x4x3)
Melted Lard, Greaseproof Paper

To Complete: 1 tablsp. Apricot Jam - melt in pan and brush over top of warm loaf Chocolate Vermicelli - decorate edges with vermicelli. Prepare loaf tin by greasing inside with melted lard and line base with greaseproof paper. Beat eggs with sugar until pale. Melt butter gently and add to egg and sugar mix. Sift flour, mix spice and salt into bowl and stir into mix. Heat milk until lukewarm in pan that was used for the butter and add to mix with lemnn juice, vanilla and chocolate. Mix well. Bake in centre of oven Gas 4 for 1 hr.

Miss L. Baird

MARSHMALLOW SQUARES

6 oz. Butter
¾ Cup Sugar
½ teasp. Vanilla Essence
1½ Cups Flour
24 Marshmallows
⅓ Cup Milk
¾ Cup Chopped Almonds
½ Cup Cherries

Preheat oven 325F. Cream together butter and sugar till fluffy beat in vanilla, fold in flour. Spoon mixture into 8" tray. Bake for 20 - 25 mins. or until golden brown. Allow to cool, melt marshmallows in the milk gently. Remove from heat. Add almonds and cherries Smooth on the biscuit base. Leave to cool and set before cutting into squares.

This is an Australian recipe.

Mrs Margaret Lamond

MALT LOAF

12 oz. S.R. Flour
2 oz. Sugar
2 Rounded tblsps. Ovaltine
6 oz. Currants
½ pt. Milk
4 Tblsps. Syrup

Mix all ingredients together and pour into 2 lb. loaf tin and bake at 325°F for 1¼ - 1½ hours till golden.

Mrs. Anne Scott.

SPICED FRUIT LOAF

6 oz. Marg.
1½ teacups Sugar
1½ teacups Boiling Water
6 ozs. Fruit
3 teasps. Mixed Spice
1½ teasps. Baking Powder
Walnuts if required.

Put all ingredients into a pot. Simmer for 5 mins. Allow to cool then add 3 teacups S.R. Flour, 2 beaten eggs. Bake in oven at 350°F for 1 hour. This quantity makes 2 loafs.

Mrs. Margaret Lamond.

YOUMA LOAF

2 teacups S.R. Flour
½ teacup Sugar
1 teacup Milk
2 dessps. Treacle
Handful Sultanas or Raisins (optional)

Mix all ingredients together to a soft dough. Place in greased 1 lb. loaf tin and bake for 1 hour in moderate oven.

Mrs. Anne Scott.

FRUIT SLICE

4 oz. Margarine
4 oz. Demerara Sugar
1 Cup Raisins
1 Cup Currants
1 Cup S.R. Flour
1 Egg

Melt margarine and sugar in a pan, remove from heat, add beaten egg, fruit and flour. Mix well. Place in a square 7" x 7" tin. Bake in oven 375°F for ½ to ¾ hour.

Moira Fraser.

BRAN FRUIT LOAF

4 oz. All-Bran
5 oz. Sugar
10 oz. Mixed Fruit
½ pt. Milk
4 oz. S.R. Flour

Put All-Bran, sugar and dried fruit in a basin and mix them well together. Stir in milk and leave to stand for half an hour. Sieve in the flour, mixing well, and pour mixture into a well greased 2 lb. loaf tin. Bake in a moderate oven (Gas No. 4 - 350°F) for about 1¼ hours. Turn out of tin and allow to cool.

Barbara Lark.

FRUIT LOAF

½ lb. Mixed Fruit
1 cup hot Tea
¼ lb. Castor Sugar

Put all in bowl and soak overnight. Add ½ lb. S.R. Flour, 1 tblsp. Marmalade and 1 egg. Mix well together. Bake in mod. oven for 1 hour.

Mrs. Mgt. Nicoll.

FIR CONE CAKES

1 level tblsp. cocoa
1½ oz. S.R. Flour
1½ oz. Marg
1½ oz. Caster Sugar
1 Egg

Decoration
2 ozs. Butter
4 ozs. Icing Sugar
1 level tblsp. Cocoa
1 tblsp. boiling Water
Vanilla Essence
2 Pkts. (large) chocolate buttons

Sieve dry ingredients into a bowl; add marg, sugar and egg, then cream thoroughly until well blended. Spoon into greased bun tins. Place in oven 375F, Mark 5 for 15-20 mins. until springy to touch. Cool. Trim buns slightly either side to make an oval shape. Cream butter and icing sugar. Mix cocoa with water and vanilla and stir into creamed mixture. Cover each cake with the butter icing. Stick on buttons, overlapping each other to resemble a fir cone. Place in paper cases and put a small piece of a fir tree in one end.

Miss Susan Thomson.

CUSTARD CREAMS

3 ozs. Butter
1 oz. Icing Sugar
3 ozs. S.R. Flour
1 oz. Custard Powder
½ teasp. Baking Powder

Cream butter and sugar, add flour and custard powder and baking powder. Divide mixture into balls (size of walnuts), place on greased tray and flatten with fork. Bake in oven 4-5 Gas, 350F until golden brown. When cool fill with butter icing, placing one biscuit on top of other. Sift icing sugar on top to decorate.

Miss L. Baird

GIPSY CREAMS

4 ozs. S.R. Flour
2 ozs. Marg.
2 ozs. Lard
3 ozs. Sugar
1 teasp. syrup dissolved in 3 teasps. of hot water
1 teacup Oatmeal
Vanilla Essence

Cream sugar and fats, add syrup dissolved in hot water and all dry ingredients. Roll into small balls, place on trays and bake in mod. oven for 15 mins.

Filling - 2 oz. Marg.
2 level dessp. Sugar
2 dessp. dried Milk
1 dessp. Cocoa

Cream marg and sugar and add dried milk and cocoa. Sandwich two rounds together with chocolate cream.

Mrs. J. Dallas

MACAROONS

1 tblsp. Ground Almonds
3 tblsp. Caster Sugar
½ teasp. Almond essence
1 White of egg
Little Jelly

Pastry - 1 oz. Marg.
1 oz. Lard
¼ lb. Flour
1 dessp. Sugar
½ teasp. Baking Powder
Very little water.

Beat white of egg stiffly, fold in sugar and almonds, add essence. For pastry cream fats, add other ingredients, moisten with water if necessary; roll out and fork, stamp out rounds and line patty tins. Put a little jelly in each case then a spoonful of beaten egg on top. Bake at 375F for 15-20 minutes.

Mrs. J. Dallas

GOLDEN CRUNCHIES

4 ozs. Marg
4 ozs. Caster sugar
4 ozs. Plain Flour
3 ozs. Rolled Oats
1 teasp. vanilla essence
1 teasp. syrup
1 teasp. treacle
1 teasp. warm water

Cream marg. and sugar - add all other ingredients. Roll into small balls and flatten with fork. Bake at 350F for 15 - 20 minutes.

Mrs. Una McLaren

GINGER BISCUITS

6 ozs. S.R. Flour
4 ozs. Marg.
3 ozs. Sugar
1 teasp. Ginger
1 tblsp. Syrup
½ teasp. Baking Soda

Put marg. and syrup in pan to melt, then put flour, ginger, sugar and soda all together in pan and mix. Take a little at a time and roll and flatten on a tray. Put in oven 350F for 25 minutes.

Mrs. Mary Findlay

SHORTBREAD BISCUITS

16 ozs. S.R. Flour
8 oz. Marg.
4 oz. Sugar

Knead or mix in Chef Mixer. Roll out; cut into rounds; Bake in moderate oven till slightly browned. Cool on wire tray. Can be used to make Empire Biscuits.

Mrs. Joan Black

SHORTBREAD

4 ozs. Castor Sugar
½ lb. Butter
8 oz. Plain Flour
4 oz. Cornflour

Cream butter and sugar, mix in blended flours, using hands. Turn onto floured board and press out. Prick and cut into shapes, or press into biscuit tray and cut into fingers. Bake in moderate oven till golden.

Mrs. H. Pithie

PARKINS

4 oz. S.R. Flour
4 oz. Oatmeal
1 teasp. Ground ginger
4 oz. Caster sugar
2 oz. Marg.
1 egg
1 tblsp. treacle or syrup
1 tblsp. milk
14 almonds, blanched and split

Mix all dry ingredients thoroughly and rub in the margarine. Add the syrup or treacle, mixed with the beaten egg, and work all into a paste with the milk. Place single teaspoonfuls in rounds on a greased baking sheet and put a split almond on top of each. Bake in a moderate oven, 350F for about 15 - 20 minutes.

Mr. James Lindsay

BANANA OATIES

1 large ripe Banana
2 oz. soft Marg.
3 ozs. Lard
3 ozs. Castor Sugar
1 Egg
5 ozs. S.R. Flour
1 oz. Rolled Oats

Decoration - 2 ozs. Rolled Oats. 8 Glace Cherries (quartered)

Cut banana and fats into small pieces. Place in liquidiser with castor sugar and egg. Run machine until well mixed, looks curdled. Do not be alarmed. Place flour and oats in bowl. Add mixture from liquidiser. Mix together with wooden spoon. Roll into walnut size balls with wet hands, then dip into rolled oats on a plate to coat. Place on baking sheet leaving room to spread. Press out slightly with a fork. Place quartered cherry in centre of each oatie. Bake in oven 350F for 15-20 mins. Makes about 32.

Mrs. Alison Murray

SHORTBREAD

1 lb. Plain Flour
1 lb. S.R. Flour
1 lb. Butter
½ lb. Caster Sugar
½ teasp. Salt

Cream butter and sugar together, then work in the sieved flours and salt very lightly. Do not knead it, for that toughens it. Turn out onto a lightly floured board and press with the hand into 1 or 2 large rounds. Do not roll as this also toughens it. Put on to an ungreased baking sheet. Pinch the edges with finger and thumb and prick with a fork. Bake in a moderate oven for 1 hour. Leave to cool before turning out.

Mrs. Anne Whytock

EASTER BISCUITS

4 oz. Marg.
6 oz. Plain Flour) sieved tog.
1 level teasp. mixed Spice)
3 oz. Castor Sugar
2 oz. Currants
1 tblsp. Milk

Rub marg. into dry ingredients. Add sugar, currants and milk and mix to form a stiff dough. Turn on lightly floured board and knead till smooth. Roll out thinly and cut in rounds. Bake at 350F. Dredge with castor sugar.

Mrs. K. Dawson

DOUBLE BISCUITS

6 ozs. Plain Flour
6 ozs. Marg.
2 ozs. Icing Sugar
2 ozs. Cornflour

Knead all together or put marg. and sugar in mixing bowl and cream with mixer. Fold in flours (sieved together) gradually until all is a nice smooth mixture. Roll out, cut in rounds. Sandwich together with jam and ice tops. Oven 325F. 20-30 minutes.

Mrs. H. Dunn

CHOCOLATE COFFEE BALLS

2 ozs. Marg.
4 ozs. Icing Sugar
Cooking Chocolate
3 ozs. Coconut
1 heaped teasp. dry coffee

Cream marg. and sugar. Mix in dry coffee and coconut. Roll into balls. Dip in melted chocolate. Leave to harden.

Mrs. Sheena Lawn

GINGER FINGERS

8 ozs. S.R. Flour
4 ozs. Marg.
3 ozs. Caster Sugar
½ teasp. Ground Ginger
½ teasp. Mixed Spice
1 dessp. Syrup
Pinch of Salt

Sieve flour, spice, ginger and salt into a bowl and rub in the margarine. Add the sugar and syrup and mix until crumbly. Spread the mixture evenly in a greased flat tray and rough up the top with a fork. Bake for 30 mins. at Gas mark 4. Cut into fingers while still hot but allow to cool in the tray.

Mrs. Anne Murray

LADY BISCUITS

6 ozs. plus 1 tblsp. Butter
10 ozs. Sugar
2 Egg whites - lightly beaten
1 teasp. Vanilla essence
8 ozs. Flour (sifted)
2 tblsp. Cornflour

Preheat oven to 375F or gas mark 5. Using the teaspoon of butter lightly grease two medium sized baking sheets. Cream butter and sugar until light and fluffy. Beat in egg whites, fold in flour and cornflour. Stir until mixture forms a firm dough. Divide dough into 24 small balls. Place on baking sheets about 2" apart. Flatten each ball with the prongs of a fork. Bake for 15 - 20 minutes until biscuits are golden brown

Mrs. Anne Gibson

CINNAMON BUTTER WHIRLS

6 ozs. Butter or Marg.
2 ozs. sifted Icing Sugar
½ teasp. Vanilla Essence
6 ozs. Plain Flour
½ teasp. Ground Cinnamon
8-9 glace cherries (halved)

Time - 20 mins. or until pale gold at 325F - Gas mark 3
Cream butter with sugar and vanilla essence in a bowl until light and fluffy. Stir in sifted flour and spice. Using large star pipe, swirl mixture on to a large baking sheet. Put half a cherry on each. Cook 20 mins. Cool on a wire rack.

Mrs. Sheena Lamond

ALMOND SLICES

6 ozs. Shortcrust Pastry
3 tblsp. Raspberry Jam
4 ozs. Butter
4 ozs. Caster Sugar
4 ozs. Ground Almonds
1 oz. Plain Flour
2 beaten Eggs
Few drops Almond essence

Line swiss roll tin with pastry spread with raspberry jam. Cream together butter and sugar add egg and essence gradually fold in flour and ground almonds. Spread mixture evenly over raspberry jam. Use any spare pastry forming a lattice on top. Oven 350F 30-40 minutes.

Mrs. Alison Murray

CREAM SLICES

1 14 oz. Pkt Frozen Pastry
½ Pt. Whipping Cream
Fresh or tinned Fruit

Thaw pastry and roll out thinly, cut strips approx. 5" x 2". Bake in hot oven till risen and baked through. Leave to cool and split lengthways. Fill with cream and fruit just before serving. Dredge with icing sugar.

Mrs. H. Pithie

SODA SCONES

1 lb. flour
1 teasp. baking soda
1 teasp. Cream of Tartar
½ teasp. salt
2 oz. margarine
buttermilk

Rub margarine into flour, add dry ingredients. Mix with buttermilk to a softish dough. Roll lightly out into two rounds on a well floured board, cut into 4 or 6 three cornered scones and bake on lightly floured girdle until lightly browned and turn over on other side.

Mrs J. Dallas.

CHERRY SLICES

8 oz. plain flour
5 oz. margarine
2 oz. castor sugar

Pastry:-
Mix above together and knead as for shortbread. Line a Swiss Roll tin and bake at 350° for 10 minutes.

4 oz. maragrine
4 oz. castor sugar
2 oz. ground rice or Semolina
2 beaten eggs
4 oz. chopped cherries
1 tblsp. ground almonds
2 - 3 tblsp. self raising flour

Base:-
Cream margarine and sugar. Add ground rice, eggs and almonds. Mix in cherries and lastly flour. Spread over base and bake 350° for 30 minutes. Sprinkle with sugar when cool and cut into fingers.

Frances Kidd.

DATE SLICE

Filling:-
Put 1 packet dates in pan with small cup of water and 1 teasp. vanilla essence. Heat till soft and beat with fork.

Pastry:-
7 oz. self raising flour
5 oz. castor sugar
4 oz. porridge oats
6 oz. margarine

Put flour, sugar and oats in basin and mix together. Rub in margarine until dough.

Mrs Anne Scott.

CHOCOLATE COCONUT FINGERS

6 oz. plain chocolate
4 oz. castor sugar
1 large egg
4 oz. coconut
2 oz. cherries (cut in small pieces)

Melt chocolate on Swiss Roll tin. Beat sugar and egg till thick and creamy. Add coconut and cherries. Spread on top of chocolate which has been allowed to cool. Bake in moderate oven 350°F, gas 4, for 15 minutes. Cut into fingers and leave on tray till cold. (This is an excellent 'keeper').

Mrs R.G. Scott.

TRAY BAKE

½ lb. Spry
1 cup icing sugar
1 cup powdered milk
1 cup mixed fruit
1 cup coconut
1 cup rice crispies
few cherries and angelica

Melt Spry and add other ingredients. Spread on to Swiss Roll tin. Cover with melted chocolate when set. Cut into squares.

Mrs E. Brown.

TREACLE SCONES

8 oz. flour
½ teasp. Bicarbonate of Soda
¼ teasp. salt
½ teasp. cinnamon
½ teasp. mixed spice
2 teasp. Castor sugar
1½ oz. butter (small pieces)
1 tblsp. treacle
6 tblsp. sour milk (1 teasp. lemon juice to ¼ pt. milk)

Rub butter into dry ingredients, melt treacle in 2 tablespoons milk in a pan, then add to flour mixture with enough milk to give a fairly stiff dough. Bake at 400°F for about 15 minutes.

Mrs A. Fotheringham.

CHEESE SCONES

8 oz. self raising flour
pinch of salt
1½ oz. butter or margarine
4 oz. grated Cheddar cheese
1 level teasp. dry mustard
approximately ¼ pt. milk

Grease baking tray. Mix flour and salt and rub in the fat until mixture resembles fine breadcrumbs. Stir in the cheese, mustard and enough milk to give a fairly soft light dough. Roll out about ¾" thick and cut into rounds. Brush the tops with milk. Bake near top of oven at 425°F for approximately 10 minutes.

Dot Brown.

PANCAKES

1 cup self raising flour
¼ cup sugar
pinch of salt
1 teasp. syrup
1 egg
milk to make "dropping" batter

B.E. Robertson.

PANCAKES

2 cups self raising flour
¾ cup sugar
1 oz. melted margarine
1 teasp. Bicarbonate of Soda
¾ teasp. Cream of Tartar
1 egg
milk to mix

Beat all ingredients to make batter. Cook on girdle to pale golden brown.

Mrs Sheena Lawn.

PANCAKES

1 teacup plain flour
1 egg
2 level tblsp. castor sugar
½ level teasp. Bicarbonate of Soda
¾ level teasp. Cream of Tartar
a little milk

Sift dry ingredients. Add egg and milk and beat to a dropping consistency. Bake on a hot girdle.

Netta Anton.

OVEN SCONES

1 lb. self raising flour
4 oz. margarine
4 oz. castor sugar
pinch salt
milk

Sieve flour, sugar and salt and rub in margarine, add enough milk to make a soft dough. Turn on to a floured board, knead lightly. Roll out, cut in rounds. Place on a greased tray and bake at 220° for 15 minutes.

Netta Anton.

BREAD

1½ lb. bread flour
1½ teasp. salt
15 fluid oz. water (warm)
1 oz. lard or oil
½ oz. freeze dried yeast (1 sachet)

Rub fat or oil into flour and salt. Add yeast and mix well. Add water then knead 7 - 10 minutes. Shape and put into oiled tins. Leave to rise about 30 minutes. Bake in hot oven, gas 7, electricity Bake 25 - 30 minutes.

Mrs M. Petrie.

WHEATEN BREAD

½ lb. plain flour
½ lb. Allinson's flour
1 teasp. Baking Soda
2 teasp. Cream of Tartar
1 teasp. salt
1 dessp. syrup
Full ½ pt. milk

Mix all dry ingredients. Dissolve the syrup in the milk. Mix with dry ingredients. Bake in tin with a lid or cover with foil for 1 hour at Regulo 5. Remove lid and bake for further ½ hour.

Mrs Anne Whytock.

WHOLEWHEAT BREAD

1½ lb. wholewheat flour
1½ lb. strong white bread flour
2 teasp. salt
2 teasp. Castor sugar
2 oz. soft lard
2 sachets Harvest Gold Dried yeast (or 1 oz. fresh yeast)
1 pt. cold water
¾ pt. boiling water

Put all dry ingredients into mixing bowl including the dried yeast and mix, then rub in the lard. Add all liquid and mix till mixture leaves sides of bowl, turn out on to work top and knead for 10 minutes. Put back into bowl and allow dough to prove (i.e. rise till about twice the size). Remove from bowl and knead for 5 minutes. Divide mixture into approximately 2 lb., 2 lb. and 1½ lb. pieces and knead to shape for 2 lb. loaf tins and 1 lb. loaf tin. Place tins into large polythene bags and allow to prove till dough is approximately level with top of tins. Bake in oven at 220°C for 45 minutes. Turn loaves out on to baking tray to cool. The loaves should sound hollow if tapped on bottom.

For white bread, 3 lb. of strong white bread flour should be used and the boiling water reduced to half a pint.

If fresh yeast is used it should be creamed with a little of the liquid and added just before the liquid.

Mr J. Kidd.

SCONES

2 cupfuls flour
3 teasp. baking powder
1 egg
2 tblsp. margarine
1 tblsp. castor sugar
½ cupful water

Sift flour with baking powder and milk in sugar. Rub in margarine lightly. Mix to soft dough with the beaten egg and water. Divide and put on greased tin. Bake in hot oven (Regulo 8) for 12 minutes. Split, spread with butter and serve piping hot.

Mrs D. McTavish.

SCOTTISH POTATO CAKES

8 oz. boiled potatoes
½ oz. butter
2 oz. self raising flour
1 grated or very finely chopped onion
salt

Mash potatoes while hot, add butter and beat in the flour, add salt. Roll out thinly on to a floured baking board. Cut into rounds about size of a saucer and fry in hot fat, cooking 3 minutes on each side. Prick with fork while they fry. Serve hot.

E.P. Sharp.

OVEN SCONES

8 oz. sieved self raising flour
½ teasp. Cream of Tartar
½ teasp. Baking Powder
¼ teasp. Baking Soda
then rub in 2 oz. margarine

Beat 1 egg yolk with 4 large tblsp. milk, add 1 - 1½ oz. castor sugar and beat again. Fold this into the flour mixture to make a stiff sticky dough. Pat into a round shape about ¾" thick - keep well floured - then cut with a small round cutter into scones. Put on to a greased tray spaced well apart, and bake in hot oven 425 - 500F for 10 - 15 minutes. Brush the tops of scones with a little of the egg white before putting in oven, gives a nice finish.

Mrs E. Dunn.

QUICKIE BRAN SCONES

7 oz. self raising flour
1 oz. bran
1 teasp. baking powder
2 oz. margarine
2 tblsp. castor sugar
salt
1 egg (beaten)
milk to mix

Sieve flour, baking powder and salt into bowl, add bran and sugar, rub in margarine. Add egg (beaten) and milk. Mix to a fairly soft dough. Flour dough and gather together. Divide in two. Place in two 7" sandwich tins. Pat even and mark in 8 portions. Bake in hot oven, gas 7, for 10 - 12 minutes.

Mrs Chris Linley.

CHRISTMAS CAKE

8 oz. Marg.
10 oz. Flour
½ lb. Ground Almonds
1 teasp. Mixed Spice
½ teasp. Ground Ginger
1 teasp. Lemon Rind
2½ lbs. Fruit (currants, sultanas & cherries)
8 oz. Brown Sugar (dark)
4 Eggs
1 teasp. Treacle

Use 8" diameter tin. Prepare tin with paper, heat oven to 300F. Cream Marg. and sugar and add treacle. Sieve flour and spices, add eggs gradually with a little of this mixture. Mix in fruit. Fold in remainder of flour and ¼ teasp. Baking Powder (if wished). Place in tin and bake for 1 hr. then reduce temperature to 250F and bake for a further 2 hrs. or longer. Cover with marzipan and ice.

Miss J. Forsyth

ORANGE CAKE

4 oz. Marg.
4 oz. Sugar
3 Eggs
6 oz. Flour
2 Oranges
1½ teasp. Baking Powder

Beat butter and sugar till creamy then add the yolks of eggs and beat again. Grate rind off orange squeeze out juice, strain and add to mixture. Mix flour and baking powder together and stir in. Beat whites of eggs till stiff and add. Grease and line a 7" cake tin and pour in mixture. Bake in moderate oven for 45 to 50 mins. When cool cover with orange icing and decorate with crystalised orange slices.

Mrs. B. E. Robertson

CHRISTENING CAKE

12½ oz. Butter
12½ oz. Soft Brown Sugar
1 lb. Plain Flour
3 lb. 2 oz. Mixed Fruit
7 oz. Glace Cherries
5 oz. Ground Almonds
6 oz. Mixed Peel
3 teasp. Mixed Spice
8 Eggs
2 small teasp. Treacle
3 teasp. Coffee Essence
Minature Rum or Brandy

Use 10" square or round tin. Cream marg. and sugar till light and fluffy, also treacle. Add sieved dry ingredients, fruits and eggs and 2 tblsp. rum or brandy and coffee essence. Put in prepared tin lined with double thickness of greaseproof paper. Bake 325F for 1 hr. then 300F. for approx. 2 hrs. Pour remainder of brandy over cake until all is used and allow to soak in. This requires 1½ lb. marzipan and Royal icing, depending on type of decoration.

Mrs. Moira Fraser

SCRIPTURE CAKE

4½ cupfuls of 1st. Kings IV 22 (Flour)
1½ cupfuls of Judges V 25 (Milk)
2 cupfuls Jeremiah VI 20 (Sugar)
2 cupfuls of 1st Samuel XXX 12 (Raisins)
1 cupful of Numbers XVII 8 (Almonds)
2 cupfuls of Nahum III 12 (Figs)
2 tablsp. of 1st Samuel XIV 25 (Honey)
6 Articles of Jeremiah XVII 11 (Eggs)
A pinch of Leviticus II 13 (Salt)
1 teasp. of Amos IV 5 (Baking Powder)
Season to taste with 2nd Chronicles IX 9 (Spice)

Add citron and follow Solomon's advice for making a good boy (Beat). Proverbs XXIII 14 and you have a good cake.

Mrs. Muirhead

CHOCOLATE ROLL

5 Eggs
1 cup Icing Sugar
3 tblsp. Cocoa
Whipped Cream

Separate egg yolks and whites. Beat yolks until thick, add sugar and beat thoroughly. Add cocoa and fold in stiffly beaten egg whites. Spread mixture on buttered and floured biscuit sheet (8" x 12" x ½" high) and bake in the oven for about 10 mins. at 350F. Turn out onto a floured cloth cover with a damp cloth and when cool spread with whipped cream and roll. Instead of cream you can use ice cream if preferred. May be served with chocolate sauce. Serves 6 - 8.

S. Colville

QUICK SPONGE (FATLESS)

6 Eggs
6 ozs. Caster Sugar
4 ozs. S.R. Flour
1 teasp. Baking Powder
Filling -
Fresh cream or lemon curd

Whisk whites of eggs stiffly. Whisk yolks and sugar well in another bowl. Whisk part of the whites to yolks and sugar, fold in remainder with flour and baking powder. Bake in greased sandwich tins at regulo 7 for 9 minutes. Fill with fresh cream or lemon curd.

Mrs. Isobel Fleming.

APRICOT JAM

1 lb. Dried Apricots
2½ Pts. Water
3½ lbs. Sugar

Cut apricots into cubes and soak overnight. Put all on over a moderate heat stirring until sugar is dissolved. Bring to boil and boil keeping testing until jam starts to set.

Mrs. J. Dallas.

APPLE PRESERVE

4 lbs. Apples
4 lbs. Sugar
3 Pts. Water

Boil sugar and water. Peel and slice apples, tip into the hot syrup. Cook until clear. Store in jars. Excellent for pies etc.

Mrs. Jeanette Stewart.

BLACKCURRANT JAM

3 lbs. Currants
3 lbs. Sugar
9 Breakfastcups Water
9 Breakfastcups Sugar

Boil fruit and water for 10 minutes. Add sugar and boil a further 20 minutes.

RHUBARB CHUTNEY

3 lbs. Rhubarb
4 Large Onions
1 tblsp. Salt
2 tblsps. Mustard Seed
¾ lbs. Sugar
6 oz. Sultanas
¾ pint Vinegar
Pinch Cayenne Pepper

Cut rhubarb into small pieces. Chop onions. Place all ingredients in an earthenware bowl and stew in oven at medium setting until tender and brown. Can be cooked in pan if desired until brown. Leave to cool then put into jars and cover.

Mrs. Daisy Gilzean.

BANANA AND APPLE CHUTNEY

½ kg. Cooking Apples
½ kg. Bananas, thinly sliced
¼ kg. Onions, thinly sliced
100 g. Seedless Raisins
10 ml. Salt
1.25 ml. Ground Ginger
1.25 ml. Cinnamon
1.25 ml. Dry Mustard
10 ml. Curry Powder
½ litre Malt Vinegar
200 g. Granulated Sugar

Collect together suitable jars and plastic-coated or plastic lids, or a thick piece of polythene for covering. Wash and dry jars and lids thoroughly. Place jars in a cool oven or warming drawer to dry. Peel, core and roughly chop apples. Place apples, bananas and onions in a large saucepan with remaining dry ingredients and 250 ml vinegar. Bring to boil, cover and simmer for 30 minutes, stirring occasionally. Add remaining vinegar and sugar. Stir over a low heat until sugar has dissolved, then cook, uncovered for 15 mins to 20 mins until the fruit chutney thickens. Ladle chutney into warmed jars. Cover while hot with lids or double thickness circles of polythene secured with elastic bands. Label jars, giving variety and date.

Mrs. Mavis Ogilvie.

BEETROOT CHUTNEY

3½ lbs. Boiled Beetroot
1½ lbs. Cooking Apples
2 Large Onions
½ lb. Sugar
1 teasp. Ground Ginger
1 tblsp. Salt
Juice of 1 Lemon
1 Pint Vinegar

Peel beetroot and cut in cubes. Peel and chop apples and onions. Put all ingredients in pan and boil for 30 minutes.

Mrs. M. Macnaughton.

INDIAN CHUTNEY

Boil 2 lbs. peeled and chopped apples to a pulp in 1½ pts. of Vinegar. Add 2 lbs. Sugar, 1 lb. Sultanas, ½ lb. Chopped Dates, 1 large chopped onion, 1 teasp. Salt, 1 Dessertspoon Mustard, 4 oz. crystalised Ginger. Bring to boil and simmer slowly for 30 minutes.

E.P. Sharp.

JELLIED BEETROOT

Boil beetroot until tender. Skin and cut into cubes. Dissolve raspberry jelly using half vinegar and half water. Place beetroot in a large shallow serving dish and cover with jelly. When set serve with salad. Alternatively this can be set in jars and sealed.

Mrs. M. Drummond.

LEMON CURD

4 Lemons
1 lb. Caster Sugar
6 oz. Butter or Margarine
4 Eggs

Wash and dry lemons, grate rind and squeeze out juice. Put juice, rind, fat and sugar into pan and cook very gently till fat has melted and sugar dissolved. Remove pan from heat. Beat eggs thoroughly and add to pan. Return to heat and cook gently stirring all the time until the curd has thickened sufficiently to coat the back of the spoon. Do not allow to boil. It will take 8-10 minutes. Pot while hot.

Mrs. M. Macnaughton.

MULTI FRUIT MARMALADE (about 9 lbs.)

2 large sweet oranges
1 Grapefruit
3 Lemons
1 large Cooking Apple
2 Pears (4 lbs. fruit in all)

Wash and skin citrus fruits. Shred peel finely and chop insides, putting pips into muslin. Put fruit, peel and pips into large bowl, add 5½ pts. water and soak overnight. Put into large pan (12 pt. size). Peel, core and chop apples and pears and add to rest of fruit. Bring to boil and simmer gently till quite tender (about 1½ hours). Remove pips and add 6 lbs. granulated sugar, stirring till dissolved. Boil rapidly to setting stage which can take up to 40 minutes.

Mrs. R.G. Scott.

DUNDEE MARMALADE

2 lbs. Seville or Bitter Oranges
2 Lemons
4 Pints Water
4 lbs. Preserving Sugar

Wash oranges and lemons and put whole into a saucepan, add the water and put the lid on. Bring to boil and simmer for about 1½ hours so that you can easily pierce the fruit. When ready remove and leave on big dish to cool. Slice to thickness required and remove pips. Add pips to juice, boil for 10 mins. and strain. Add sliced fruit, bring to boil and add sugar. Stir over gentle heat until it is dissolved then rapidly without stirring for about ½ hour or until setting point. Makes about 4 lb. The fruit for this marmalade should be coarsely cut, which gives it the characteristic bitter taste.

Mrs. A. Whytock.

PICKLED ONIONS

2 quarts pickling onions
½ cupful Salt
½ cupful Sugar
½ oz. Mixed Allspice
Cloves and Peppercorns
1 quart Pure Malt Vinegar

Time: about 10 minutes. Temperature: Low.

Peel the onions and put them into a basin. Sprinkle with salt and leave to stand overnight. Rinse them thoroughly and dry as well as possible. Put the sugar, salt, spices and vinegar into a pan and bring to the boil. Simmer for five minutes, then toss in the onions and boil briskly for a minute or two. Put into bottles or jars. Fill up with vinegar right to the tops. When cold, cover closely.

Mrs. Kathleen Pirie.

PEPPER CHUTNEY

3 Red Peppers
3 Green Peppers
1 lb. Ripe Tomatoes
12 oz. Onions
1 lb. Cooking Apples
1 teasp. Allspice
1 teasp. Dry Mustard
2 teasp. Peppercorn
6 oz. Demerara Sugar
16 oz. Malt Vinegar

Peel, core and chop apples. Peel and chop onions and tomatoes and de-seed and chop peppers. Add to vinegar and sugar with allspice, mustard and peppercorn and simmer for 1½ hours.

Mrs. Anne Gibson

RHUBARB CHUTNEY

1 lb. Rhubarb
½ lb. Dates
1 Onion
½ lb. Sugar
1 dessp. Salt
1 teasp. Pepper
1 teasp. Ground Ginger
½ pt. Vinegar
Grated rind and juice of Lemon

Chop all ingredients small and boil until thick. Test on saucer as in jam making. Bottle in warmed jars.

Mrs. M. Butchart.

SPAGHETTI SAUCE

Ham Fat or Oil (Ham best for flavour)
2 Onions
Mince and Stock Cube and Water
Herbs, Salt and Pepper
2 Tomatoes
Tomato Puree

Drop required amount of spaghetti into salted boiling water and simmer till soft but firm. Drain into oven casserole. Heat ham fat or oil, add chopped onion and cook till tender. Brown mince, then add cube stock. Add chopped tomatoes and season with salt and pepper and herbs. Cook until mince is tender. Add tomato puree and cook for another five minutes until well mixed. Serve on cooked spaghetti or macaroni and sprinkle with grated cheese. Add a knob of butter on top.

Mrs. Joan Black.

RELISH

3 lbs. Tomatoes
2½ lbs. Onions
2 lbs. Granulated Sugar
1 pt. Vinegar
2 tablesp. Salt
2 tablesp. Mustard Powder
2 tablesp. Curry Powder

Skin tomatoes and cut up. Onions should also be skinned and cut. Put into pan with all other ingredients. Boil for 1 hour and allow to cool slightly, then thicken with 6 tblsp. of flour. Cream with vinegar. Mix and bring to boil.

Mrs. Gladys Whyte.

ORANGE OR LEMON SQUASH

2 Oranges or Lemons
2 Pints Water
1½ lbs. Sugar
1 oz. Citric Acid

Peel rind of fruit and put in liquidiser with ½ pint water and liquidise. Put further 1½ pints water into a pan and add liquidised mixture. Squeeze fruit and add to pan. Bring to boil then add Sugar and Citric Acid. Stir till dissolved, with heat off. Leave to cool. Sieve before bottling. Makes 2 lemonade bottles. Serve diluted.

Mrs. Christine Kidd

ORANGE SQUASH

6 Oranges
5 lbs. Sugar
4 Pts. Boiling Water
2 ozs. Epson Salts
2 ozs. Citric Acid
1 oz. Tartaric acid

Grate rinds and squeeze out juice, put all ingredients into a bowl and pour over boiling water. Stir until dissolved with a wooden spoon. Strain and bottle when cold. Lemons or Grapefruits can also be used.

Mrs. Gladys Whyte

RASPBERRY JUICE

12 lbs. Rasps
4 ozs. Tartaric Acid
6 Pts. Water

Steep for 24 hours in bucket, strain through jelly bag. Add 1¼ lbs. caster sugar to 1 Pint juice. Stir till dissolved. Put into bottles and cover with muslin. Approx. 12 bottles.

Mrs. P. O'Brian

WHEAT WINE

4 lbs. Demerara Sugar
1 lb. Wheat
1 lb. Potatoes scrubbed and chopped
2 Oranges
1 lb. Sultanas
1 Gallon Boiling Water
1 oz. Baker's Yeast

Put sugar in plastic container, melt with some boiling water. Add potatoes, wheat and sultanas. Once sugar is melted, add remainder of water add peeled and sliced oranges. Sprinkle yeast on top cover and keep for 14 days. Strain, bottle and cork lightly Cork well about a fortnight later. Keep about three months before using.

Mrs. Anne Gibson

SAVOURY DIP

1 250 g. tin of nestles cream
1 Pkt. Knorr Onion Soup
1 tblsp. Lemon Juice or
1 teasp. Vinegar

Mix all ingredients together and place in fridge for at least two hours before use. Will keep in fridge for a week.

Mrs. Muirhead

OATCAKES

¾ lb. Oatmeal
¼ lb. Flour
¾ oz. Baking Powder
3 ozs. Lard
¼ oz. Salt
5 oz. (approx) Water

Mix dry ingredients. Add water and mix. Roll out thinly and cut in rounds. Bake in hot oven until slightly brown.

Mrs. H. Petrie

BARBECUE SAUCE

2 tblsp. Oil
1 Onion chopped
¼ pt. Tomato Ketchup
¼ pt. Water
3 tblsp. Wine Vinegar
2 teasp. Made Mustard
2 tblsp. Soft Brown Sugar
Salt and Pepper
2 tblsp. Worcestshire Sauce
1 tblsp. Tomato Puree

Heat the oil in a pan. Saute the onion until softened. Stir in the remaining ingredients, bring to boil and simmer for 5 minutes. Remove the lid and cook for a further 2-3 minutes to reduce and thicken the sauce. This can be served with burgers, meatballs, meat loaves, kebabs as well as many other meats.

June McLaren.

ECONOMY SALAD DRESSING

½ tin Sweetened Condensed Milk
½ teasp. Salt
¼ pt. Vinegar
1 teasp. Dry Mustard

Beat all the ingredients together very well, then allow to stand for a few minutes, till mixture thickens. Bottle. Does not keep as well as mayonnaise.

Mrs. Muirhead.

MAYONNAISE

3 Eggs
¾ Breakfastcup Vinegar
4 dessp. Caster Sugar
½ teasp. Made-up Mustard

Beat eggs, add sugar and beat again. Add mustard and vinegar (vinegar very slowly). Thicken over a pot of boiling water. Do not allow to boil.

E.P. Sharp.

MAYONNAISE

½ tin Sweetened Condensed Milk
¼ pt. Salad Oil or Melted Butter
¼ pt. Vinegar or Lemon Juice
2 Egg Yolks
½ teasp. Salt
1 teasp. Dry Mustard
Dash of Cayenne Pepper

Place all ingredients into bowl and beat well, until mixture thickens. That's all - it makes a delicious salad cream that can be stored in a cool place for a very long time.

Mrs. Muirhead.

CHEESE STRAWS

3 oz. Plain Flour
2 oz. Margarine
2 oz. Grated Cheese
Yolk of 1 Egg, Salt
FILLING:
1 tblsp. Margarine
1 tblsp. Grated Cheese
Pepper and Salt

Rub margarine into flour. Add cheese, salt, egg. Roll out once. Cut into strips or biscuit shape. Fairly hot oven till light brown.

CHEESY FLAPJACKS

4 oz. Margarine
8 oz. Rolled Oats
3 oz. Cheddar Cheese (grated)
½ level teasp. Salt
Shake of Pepper
1 level teasp. Paprika Pepper
½ level teasp. Dry Mustard
1 large Egg

Cream margarine until soft and add the remaining ingredients. Mix until well combined and press into shallow greased tin. Bake towards top of oven for half an hour Gas 5. Allow to cool before cutting into fingers (best eaten same day).

Anne Murray.

ECONOMICAL FUDGE

2 teacups Caster Sugar
½ teacup milk
2 tblsp. Margarine
2 tblsp. Syrup
3 oz. Unsweetened Chocolate
1 teasp. Vanilla

Put sugar, syrup, milk and chocolate into a pan. Stir over low heat till sugar is dissolved. Stir till boiling. Boil slowly to soft ball forms when a little is dropped in water. Remove from heat and stir in margarine. Allow to cool a little then add essence and beat till thick. Pour into buttered tin and mark in squares. For vanilla fudge omit chocolate and increase vanilla essence to 1½ teasp.

Mrs. R.G. Scott.

TRUFFLES

4½ oz. Icing Sugar sifted
3 oz. Cocoa Powder
3 tblsp. Double Cream
1 teasp. Rum or Brandy
Chocolate Vermicilli
Sweets Paper Cases

Sift sugar and cocoa, add cream and rum or brandy. Mix to a thick consistency. Roll into 15 small balls (a dusting of icing sugar on hands makes it easier to handle the mixture). Toss in vermicilli and leave for a short time to set.

Mrs. K. Stewart.

SNOWBALLS

10 Digestive Biscuits Crushed
1 Small Tin Nestles Condensed Milk
2 oz. Margarine
2 oz. Coconut
1 dessp. Cocoa
1 pkt. Marshmallows

Melt margarine and milk, add rest of ingredients. Cool slightly, wrap round marshmallows and roll in coconut.

Mrs. A. Fotheringham.

CARAMEL SPONGE TOPPING

1 Caramac Candy Bar
Walnut Size Knob Butter
2 tblsp. Icing Sugar
Little Milk

Melt butter slowly in pan and put in Caramac Bar. Dissolve sugar with a little milk. When Caramac is nice and soft add sugar and beat vigorously with wooden spoon. When nice and thick spread on sponge and decorate with walnuts or cherries.

E.P. Sharp.

VANILLA TABLET

2 lbs. Sugar (+ 1 cupful)
1 Teacup Milk
14 oz. Tin Nestles Condensed Milk
1 oz. Butter
2 Drops Vanilla Essence

Put sugar, milk, condensed milk and butter into a large pan, and cook at low heat all the time. When through the boil cook for 5 minutes or until it begins to thicken. Take off heat, add vanilla essence and beat for 5 minutes. Pour into highly greased trays.

Mrs. Ritchie

FRUIT FUDGE

1 lb. Caster Sugar
1 lb. soft Brown Sugar
Tin condensed Milk
¼ lb. Sultanas
¼ lb. Marg
1 dessp. Syrup
1 cup Water

Place all ingredients in large pan, allowing sugar to dissolve slowly. Bring to boil and boil till mixture reaches 'soft ball stage' (15-20 mins). Remove pan from heat and beat till mixture begins to thicken. Pour into greased swiss roll tin. Cut into squares when cold.

Mrs. E. Brown

TRUFFLES

2 ozs. Marg
2 ozs. Drinking Chocolate
1 small tin Condensed Milk

Melt above ingredients in a pan. Crush 8 Digestive biscuits and add to biscuits 1 cupful coconut. Pour melted mixture over biscuits and coconut. When cool form into small balls and roll in coconut or chocolate vermicilli.

Mrs. Jean Baldie

TRUFFLES

2 ozs. Butter
1 oz. Ground Almonds
1 tblsp. Rum or Sherry
1 tblsp. Double Cream
6 ozs. Icing Sugar
Chocolate Vermicilli

Melt butter and chocolate. Add all other ingredients. Set for ½ hour. Roll in vermicilli and place in paper cases.

Miss M.J. Donaldson

BOUNTY BARS

4 ozs. Marg
4 ozs. Icing Sugar
8 ozs. Coconut
1 tblsp. Condensed Milk

Cream marg and sugar, add milk and mix well. Add coconut and mix well again. Form into fingers. Leave overnight in fridge. Dip in melted chocolate.

Mrs. Chris Linley

ICINGS AND FILLINGS

Royal Icing (for Xmas Cakes etc)

1 lb. Icing Sugar
Whites of 4 eggs
2 teasp. Lemon Juice

Sieve the icing sugar. Add the lemon juice and mix with the white of eggs. (When mixed a little icing dropped into the bowl from the spoon should just find its own level). Beat thoroughly about 15 minutes with a wooden spoon until icing is white. Pour all the icing onto the top of the cake and allow it to run down the sides. If necessary, it may be eased over the top of the cake with a long bladed knife. The icing that runs off the cake should be collected on a large plate, put into a basin and kept for decorating. Allow the icing to harden before decorating.

Decoration:

Stiffen up the royal icing that was left by adding more sieved icing sugar until it will stand up in points when beaten with a knife. Press this through forcing tubes in different shapes as required on cake.

Mrs. Whyte

Plain Icing

2 tblsp. Icing Sugar
Water to mix
Vanilla Essence

Mix the icing sugar to a smooth paste with cold water. Flavour with a few drops of vanilla essence. Spread onto cake when cake is cool.

Mrs. Whyte

ALMOND ICING

1 lb. Ground Almonds
12 ozs. Icing Sugar
12 ozs. Caster Sugar
1 dessp. Rose Water
Yolks of 4 Eggs

Mix almonds, sugar and rose water to a stiff dough with the egg yolks. If top of cake is uneven, straighten it by cutting a slice off, or by levelling it with pieces of icing. Brush over with the beaten egg to prevent the icing falling off when cake is cut. Divide the icing into 3 portions. Roll one-third into a strip long enough to go half-way round the cake, the same depth as the cake. Press it on to the side of the cake. Cover the other side of the cake in the same way. Roll the remaining third into a circle and press on to the top of the cake. Smooth the joins in the icing with a knife until not visible.

Mrs. Whyte

ORANGE ICING

2 tblsp. Icing Sugar
3 teasp. Orange Juice

Mix the icing sugar to a smooth paste with the orange juice. When cake is cool spread with icing and decorate with the grated rind of an orange.(dried thoroughly in the oven, powdered, and sprinkled over the icing). Dessicated coconut, previously browned in the oven, makes an alternative decoration.

Mrs. Whyte

COCONUT ICING

3 tblsps. Icing Sugar
Water to mix
Some dessicated Coconut

Mix the icing sugar to a smooth paste with cold water. When cake is cool, spread with icing and cover with dessicated coconut.

Mrs. Whyte

BUTTER ICING

4 ozs. Butter or Marg
8 ozs. Icing Sugar

Sieve sugar and cream thoroughly with butter or margarine. Flavour with:
Coffeebutter icing - add 1 dessp. strong coffee
Chocolate butter icing - add 1-2 ozs. grated chocolate and some vanilla essence
Walnut filling - add 1 tblsp. chopped walnuts.

Mrs Whyte

CONFECTIONER'S CUSTARD

½ pint milk
2 Egg yolks
¾ oz. Cornflour
1 oz. Castor Sugar
½ teasp. Vanilla Essence

Mix cornflour and milk to a smooth paste and stir well until it boils. Let it simmer for 10 mins. Add egg yolks, sugar and vanilla essence, and stir until custard has thickened (do not allow it to boil). When cool, the custard is ready for use, and may be used instead of whipped cream for filling eclairs, plain cookies, trifles, etc.

Mrs Whyte

CHOCOLATE FROSTING

4 ozs. Plain Chocolate
½ oz. Butter
4 oz. Icing Sugar (sieved)
2 Egg yolks
4 tblsp. milk
½ teasp. Vanilla Essence

Melt chocolate in a bowl over hot water. Add butter, beat in remaining ingredients. Whisk mixture until it will thickly coat the back of a spoon. Swirl over cake.

Mrs Whyte

RECIPE FOR A HAPPY LIFE

One cup of confidence
One cup of love
In a pan of Happiness
Mix the above

Add a pinch of Tenderness
A tablespoon of Truth,
Stir well in the sunshine
Roll out a loving trust

Flour well with contentment
Keep all free from strife,
Fill with understanding
And bake well all your life.

RECIPE FOR PRESERVING CHILDREN

Half-a-dozen children
2 or 3 puppies (or more if available)
1 grass-grown field
Dash of sunshine

Into the field pour the children and puppies, allowing to mix well. Leave for approximately 1 hour. When children are nicely brown remove from field and place in warm baths. When dry serve with milk and biscuits.

Mrs M Drummond

HOW TO COOK A HUSBAND

First you must catch a male, preferably young, fresh and pliable, but this recipe has also been successful with the older out of season variety as well. Coat him lavishly with affection which has been liberally sprinkled with trust and loyalty. Steep him in the milk of human kindness and season well with understanding.

Simmer over the fire of love, stirring occasionally with a little passion. It is most important that the fire be kept burning brightly, as this is the most crucial part of the cooking. If the fire be allowed to grow cold through cool indifference, he will become hard and bitter. Yet, on the other hand, if the flame be fanned to a white heat by jealously it will prove too hot for him and he will crack right across the top.

Garnish with a little humour and tact, handling him lightly but firmly, and for vanity you might add a little spice or sharp sauce but never never with cold shoulder or pickled tongue, as this will absolutely ruin the subtle flavour of the other ingredients and spoil a most delectable dish.

A husband cooked in this way is guaranteed to remain fresh and appetising for the rest of his life.

ALPHABETICAL INDEX	Page
Albert Cake	127
Almond Cake	104
Almond Icing	180
Almond Round	134
Almond Slices	152
American Cream Pie	91
Apple Balls	77
Apple Cake	106
Apple Cake	67
Apple Cheesecake	77
Apple Pin Wheels	78
Apple Preserve	164
Apricot Chiffon Flan	99
Apple Shortcake	134
Apricot Jam	164
Apricot Pork Chops	63
Apricot Tea Loaf	112
Avacado Flan	83
Babatie	58
Bacon and Egg Pie	50
Bacon and Sausage Plait	63
Bacon Steaks with Apricots and Raisins	61
Baked Eggs and Cheese	52
Baked Gammon with Cherry Sauce	62
Baked Gammon Steak with Apples	36
Banana and Apple Chutney	165
Banana and Cherry Crumble	75
Banana Cake	114
Banana Cream	96
Banana Oaties	149
Bara Brith (Fruit Loaf)	139
Barra Brith Loaf	140
Barbados Fruit Cocktail	2
Barbecued Chicken	36
Barbecue Pork Chops	40
Barbecue Sauce	173
Beefies	58
Beef Cobbler	59
Beef Stroganoff	60
Beef Stroganoff	59
Beef Stroganoff	54
Beignet Souffles	75
Beetroot Chutney	166
Berwickshire Tart	117
Biscuit Cake	138
Blackcurrant Jam	164
Boiled Fruit Cake	111
Bounty Bars	178
Bran Fruit Loaf	144
Bran Logs	130
Bread	157
Bridal Slices	137

	Page
Brighton Sandwich	135
1,2,3,4 Buns	121
Butter Icing	181
Butterscotch Crunch	88
Butterscotch Tart	69
California Orange Salad	14
Canadian Chocolate Cookies	130
Canadian Fruit Pie	78
Caramel Sponge Topping	176
Caramel Tart	135
Carrot Consomme	16
Carrot and Orange Soup	10
Carrot Soup	5
Cauliflour and Mushroom Soup	10
Cherry Slices	153
Cheese Coleslaw	22
Cheesy Flapjacks	175
Cheese and Pineapple Salad	22
Cheese Scones	155
Cheese Straws	174
Cherry Cream Pie	87
Chicken and Sweetcorn Pasties	31
Chicken Divine	32
Chicken Fricassee	29
Chicken In Cider	25
Chicken Joints in Casserole	32
Chicken Liver Pate	3
Chicken Marengo	25
Chicken Tennessee	30
Chicken with Orange and Honey	26
Chilled Cheese and Potato salad	22
Chili Con Carne	38
Chocolate Bars	138
Chocolate Coconut Fingers	154
Chocolate Coffee Balls	150
Chocolate Crumble	128
Chocolate Crunch	124
Chocolate Digestive Tray Bake	128
Chocolate Frosting	181
Chocolate Fudge Pudding	67
Chocolate Gateau	115
Chocolate Krackle Flan	96
Chocolate Mousse	85
Chocolate Roll	163
Chocolate Spiced Loaf	142
Chocolate Sponge Sandwich	133
Chocolate Walnut Cakes	121
Christening Cake	162
Christmas Cake	108
Christmas Cake	161
Christmas Cake	108
Christmas Crumble	73
Cinnamon Butter Whirls	152
Citrus Chiffon Pie	85
Clapshot	34
Clootie Dumpling	74
Clootie Dumpling	72
Clootie Dumpling	70

	Page
Coburg Cake	129
Cock-a-leekie Soup	9
Coconut and Cherry Cake	106
Coconut Fare	124
Coconut Icing	180
Cod Mayonnaise	23
Coffee Fudge Cake	103
Confectioners Custard	181
Corned Beef and Vegetable Tarts	46
Country Broth	12
Courgettes Provencales	33
Creamed Celery Soup	11
Cream of Carrot Soup	11
Cream of Mushroom Soup	20
Creamed Scampi	23
Cream Slices	152
Cream of Spinach Soup	20
Crisp Fish Batter	27
Currant Loaf	139
Curried Eggs	41
Curried Sausage Pie	45
Custard Creams	145
Danish Cream Cake	81
Danish Liver Pate	6
Date Crunch	124
Date Crunchies	119
Date Fantasies	119
Date Slice	154
Date Tea Loaf	109
Double Biscuits	150
Duke Cake	102
Dundee Marmalade	168
Easter Biscuits	150
Economical Fudge	175
Economic Moussaka	39
Economy Salad Dressing	173
Egg 'n' Bacon Potatoes	44
Eggs stuffed with cheese and Ham	7
Egg yolk Sponge	132
Family Pizza	51
Fir Cone Cakes	145
Fish Doria	4
Fish Pie	41
Fish Souffle	42
Fish Souffle	28
Fluffy Lemon Souffle	80
French Onion Soup	19
Fried Onion Rings	34
Fruit Cake	113
Fruity Coleslaw	9
Fruity Fudges	177
Fruit Loaf	111
Fruit Loaf	140
Fruit Loaf	144
Fruit Slice	144
Fruit Souffle	81

	Page
Gingerbread	141
Ginger and Cream Sweet	100
Ginger biscuits	147
Gingerbread	112
Ginger Choc Rock Cakes	129
Ginger Crunch	126
Ginger Fingers	151
Ginger Torte	120
Ginger Torte	116
Gipsy Creams	146
Glazed Grapefruit	1
Golden Crunch	147
Golden Soup	19
Grape Delight	87
Grapefruit and Tuna Pate (blender)	3
Grape Trifle	82
Haddock and Rice	27
Ham and Pineapple Loaf	64
Hazelnut Meringue Gateau	92
Honey Banana Creams	89
Honeycomb Shape	84
Hot Grapefruit Starter	24
Hot Peaches	69
Hot Swiss Trifle	72
How to cook a husband	183
Ice Cream	84
Icings and Fillings	179
Indian Chutney	166
Italian Chicken	29
Italian Country Pie	38
Jaffa Cakes	121
Jam Roly Poly Pudding	70
Jellied Beetroot	166
Kippen Pate	6
Khura Cream	1
Lady biscuits	151
Lancashire Hot Pot	53
Lasagne	56
Leek and Potato Soup	12
Lemon Cheesecake	82
Lemon Cream Pudding	90
Lemon and Chocolate Flan	89
Lemon Freeze	88
Lemon Curd	167
Lemon Curd	167
Lemon Glazed Carrots	43
Macaroni Salad	14
Macaroons	146
Macaroon Tarts	131
Madras Ham Rolls	8
Magic Lemon Pudding	73
Malt Loaf	143
Mandarin Merangue Sponge	76
Mashmallow Squares	142
Mars Bar Biscuits	118
Masserines	118
Mayonnaise	174
Mayonnaise	174
Mince and Batter	37

	Page
Mince Casserole	57
Minestrone Soup	16
Mint Lilies	24
Mock Moussaka	55
Moussaka	39
Multi Fruit Marmalade	167
Mushrooms Swiss Steak	53
Nana's Clootie Dumpling	71
Nestles Shortcake	137
Norwegian Cream	97
Nougat Cake	116
Oatcakes	172
Oatmeal Soup	15
Orange Cake	161
Orange Chip Cake	132
Orange Dessert	100
Orange Icing	180
Orange or Lemon Squash	171
Orange Pork Skillet	64
Orange Squash	171
Osborne Pudding	68
Oven Scones	160
Oven Scones	156
Pancakes	155
Pancakes	156
Pancakes	156
Parkins	148
Pavlova	90
Peachy Cheese Salad	21
Peach Spice Cake	107
Pepper Chutney	169
Pepper Chutney	169
Peppermint Slices	120
Peppermint Squares	126
Philippine Grapefruit	7
Pickled Onions	168
Pickled Onions	168
Pineapple Cake	105
Pineapple Cake	107
Pineapple and Chocolate Delight	101
Pineapple Crumb Cake Dessert	97
Pineapple Foam	91
Pineapple Fridge Cake	93
Pineapple Pudding	74
Plain Icing	179
Pork Fillet with Apples	35
Pot's-au-Chocolat	86
Potted Smoked Mackeral	42
Prawn and Corn Bake	18
Princess Crunchies	130
Punk Rock Cakes	131
Quick Farmhouse Soup	15
Quick Sponge (fatless)	163
Quickie Bran Scones	160
Quickie Pear	70
Quickie Pizza	50
Quickie Pizza	49

	Page
Raisin Tart	136
Raspberry Juice	171
Raspberry Parfait	93
Raspberry Souffle	98
Raspberry Sweet	95
Recipe for a happy life	182
Recipe for preserving children	182
Relish	170
Rhubarb Fool	92
Rhubarb and Banana Crumble	76
Rhubarb Chutney	169
Rhubarb Chutney	165
Rhubarb Whip	84
Rosemarie Sauce	4
Russian Salad	21
Salmon Loaf	65
Salmon Mousse	17
Salmon Pie	28
Sand Cake	113
Sardine Stuffed Lemons	17
Sausage and Bacon Pie	51
Sausage Fidget Pie	48
Sausages in Cider	47
Sausage Rolls	52
Savoury Dip	172
Savoury Liver	40
Savoury Stuffed Eggs	2
Scones	159
Scone Pizza	49
Scottish Potato Cakes	159
Scripture Cake	162
Semolina Foam	83
Shortbread	148
Shortbread	149
Shortbread Biscuits	147
Shortcrust Pastry	65
Smiddy Loaf	110
Snowballs	122
Snowballs	176
Snow Cake	110
Soda Scones	153
Somerset Pork	35
Spaghetti and Bolognese Sauce	37
Spaghetti Pancake	55
Spaghetti Sauce	170
Spaghetti Sauce	170
Spanish Sausages	47
Spiced Fruit Loaf	143
Spicy Tutti-Fruiti Buns	122
Sponge Pudding Hot	68
Sponge Sanwich	133
Sticky Gingerbread	141
Strawberry Fluff Flan	94
Strawberry Fool	100
Stuffed Cabbage Leaves	48
Stuffed Courgettes	44
Stuffed Heart	46
Stuffed Pork Chops	60
Stuffed Skirt	54
Sultana Almond Cake	104
Sultana Cake	114

	Page
Sultana Sponge Tart	79
Swedish Salad	13
Swedish Apple Charlotte	95
Sweet and Sour Ham	61
Sweet Pizza	71
Tauli	33
Tea Time Treats	117
Tollhouse Squares	127
Tomato Creams	24
Tomato and Tarragon Soup	5
Toss in Cake	105
Tray Bake	123
Tray Bake	154
Treacle Scones	155
Trickle Tray Bake	125
Truffles	178
Tuna Florentine	66
Tuna Loaf	43
Tuna Mousse	18
Turkey and Asparagus Apollo	26
Turkey Breast Fritters	30
Truffles	176
Turinois	86
Vanilla Tablet	177
Victoria Sponge	136
Waldorf Salad	13
Walnut Fingers	123
Walnut Loaf	109
Welsh Tea Loaf	139
Wheaten Bread	157
Wheat Wine	172
Whole Wheat Bread	158
Wine Cake	102
Youma Loaf	143